

# the Hippo

JUNE 19- 25, 2014

GRANITE STATE  
MUSIC FEST P. 66

A MIDSUMMER  
NIGHT OF FUN P. 28

LOCAL NEWS, FOOD, ARTS AND ENTERTAINMENT

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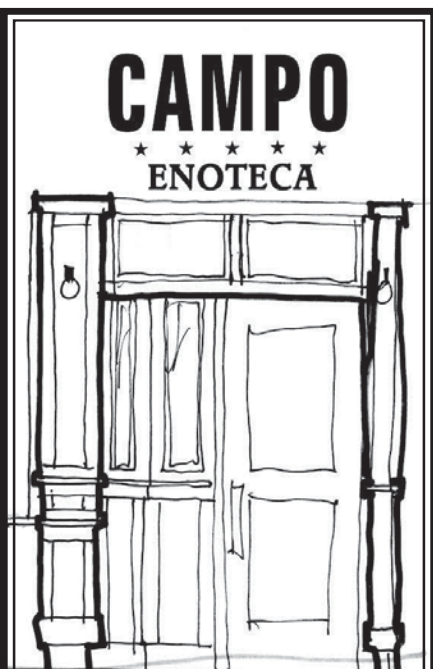
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GRANITE VIEWS **JODY REESE**

## The heart of NH is small business



Don't let talk radio or those yapping heads on television fool you — America and, more specifically, New Hampshire, is still a place where people can and actually do use their smarts and ingenuity to take control of their futures by opening their own businesses.

At Hippo we see this on a daily basis when new businesses call us to let us know they are opening or to advertise. It's always been one of the more rewarding parts of the job to talk to new business owners and find out what prompted them to take the risk and go it alone.

I recently met a young man who, along with two friends, is opening a microbrewery in Merrimack. He and his friends join a new micro distillery that recently opened in Nashua.

To support similar efforts, Hippo, in conjunction with Bank of New Hampshire, has been offering a free 10-week business course for the past four years. We just finished the sessions for this year. The courses focus on real business experiences from more than a dozen local business owners and professionals, then mix those experiences with a sober look at how the business will (or won't) work. We go over everything from property leasing to dealing with suppliers. It's a lot to pack into 20 hours.

The odds are stacked against anyone opening his own business. Most businesses fail in the first few years, and even more fail before hitting 10 years. And though we are seeing more people get into business for themselves, they face greater odds than ever.

Chains are slowly but surely dominating each product category. Today, there are chains and franchises in almost every business area you can think of. Though there are still many small, locally owned barber shops, for example, chains are starting to saturate there too. They have many advantages, from nationally known branding to a business model that has been vetted in city after city.

But locally owned businesses have their advantages. Most people want to shop in a local store or use a local service where the owner is a few feet away. Local businesses tend to offer a higher level of service as a way of competing against lower-priced chains.

Local people, too, are finding areas of innovation that chains and big companies can't get into. The local food movement, for example, is by its very nature owned by small local producers, and we're seeing more and more of those types of businesses.

So when you think the world is just a long row of Dunkin' Donuts and Wal-marts, remember that the smart guy is finding opportunity, and through that improving our quality of life and his own. ☁



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 49 Hollis St., Manchester, N.H. 03101  
 P 603-625-1855 F 603-625-2422  
 www.hippopress.com  
 e-mail: news@hippopress.com

## EDITORIAL

### Executive Editor

Amy Diaz, adiaz@hippopress.com, ext. 29

### Managing Editor

Meghan Siegler, msiegler@hippopress.com, ext. 13

### Editorial Design

Ashley McCarty, hippolayout@gmail.com

### Copy Editor

Lisa Parsons, lparsons@hippopress.com

### Staff Writers

Emelia Attridge  
 eattridge@hippopress.com, ext. 30  
 Austin Sorette  
 listings@hippopress.com, ext. 10  
 Kelly Sennott  
 ksennott@hippopress.com, ext. 12  
 Rebecca Fishow  
 rfshow@hippopress.com, ext. 36

**Contributors** Deidre Ashe, Joel Bergeron, Sid Ceaser, Allison Willson Dudas, Rick Ganley, Jennifer Graham, Henry Homeyer, Dave Long, Lauren Mifsud, Stefanie Phillips, Eric W. Saeger, Sarah Shemkus, Gil Talbot, Michael Witthaus. To reach the newsroom call 625-1855, ext. 13.

### Listings

Arts listings: arts@hippopress.com  
 Inside/Outside listings: listings@hippopress.com  
 Food & Drink listings: food@hippopress.com  
 Music listings: music@hippopress.com

## BUSINESS

### Publisher

Jody Reese, Ext. 21

### Associate Publisher

Dan Szczesny

### Associate Publisher

Jeff Rapsis, Ext. 23

### Production

Andrew Mason, Katie Ruiz,  
 Joshua Falkenburg, Ken Duquet

### Circulation Manager

Doug Ladd, Ext. 35

### Advertising Manager

Charlene Cesarini, Ext. 26

### Account Executives

Alyse Savage, 603-493-2026  
 Katharine Stickney, Ext. 44  
 Roxanne Macaig, Ext. 27  
 Doreen Astbury, Ext. 11  
 Lorian Jewett, Ext. 31  
 Tammie Boucher, support staff, Ext. 25

### Reception & Bookkeeping

Gloria Zogopoulos

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## ON THE COVER

**14 JAMMIN'** There are a lot of ways to preserve the fresh tastes of the season. The Hippo found out what it takes to make jam and other fruity preserves, as well as how to can and pickle produce now so that when winter inevitably returns, there's a little something in the cupboard to bring your taste buds back to summer.



Also on the cover, Concord is the place to be: Head to the Granite State Music Festival for two days of live music, food and kids' activities (p. 66), or enjoy some Midsummer Night Magic, an evening that celebrates the arts and community (p. 28). If it's food you're looking for, the Hollis Strawberry Festival will have plenty of sweet treats (p. 42).

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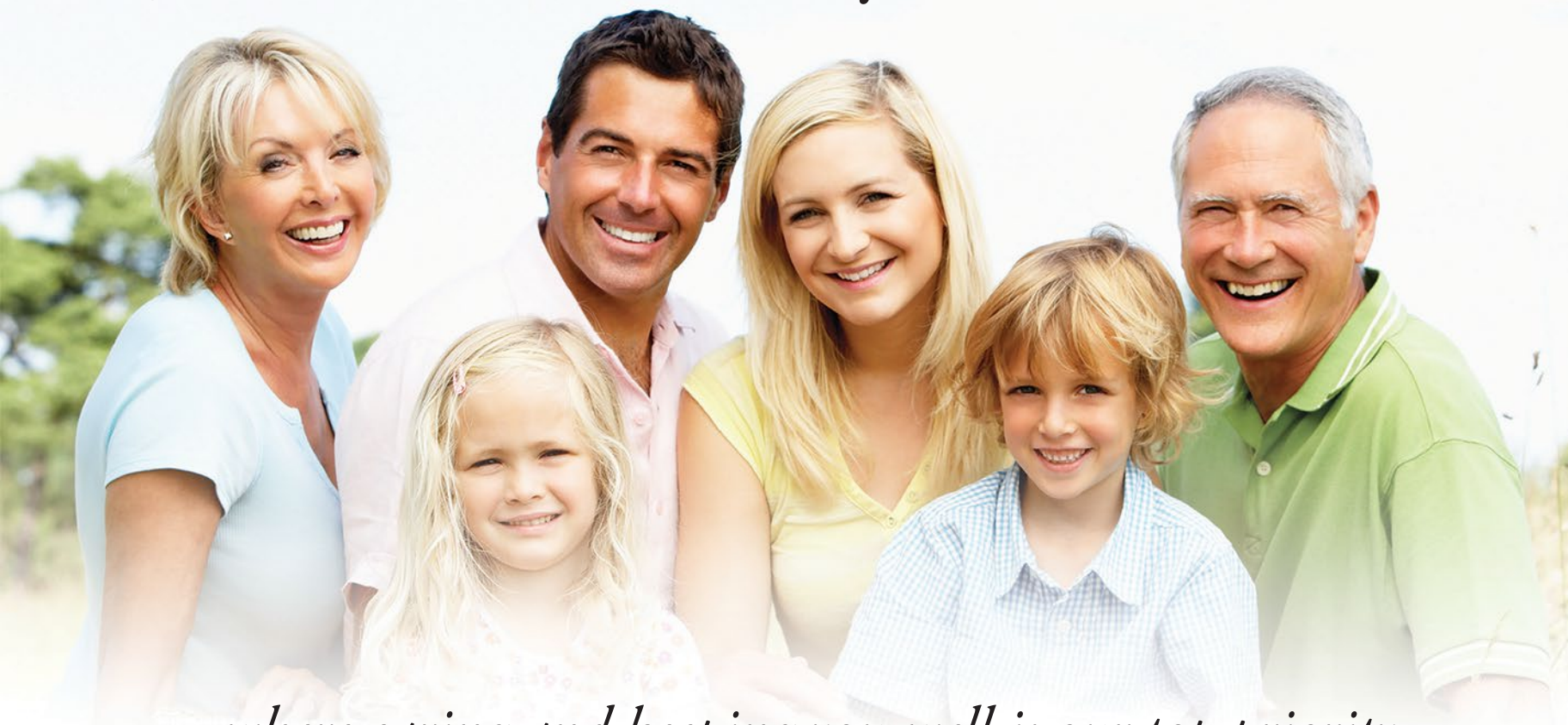
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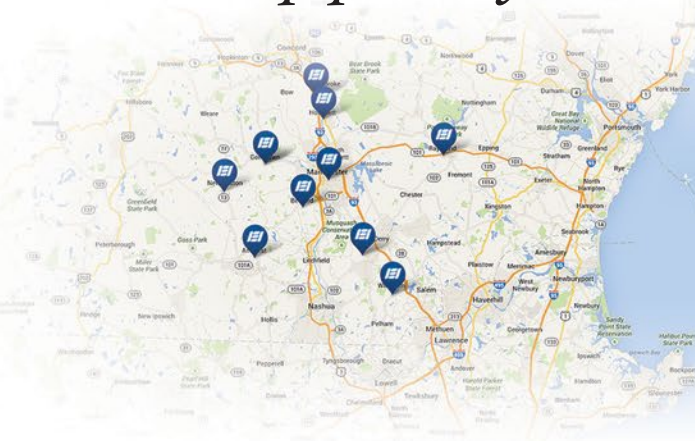


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## Health protection

The New Hampshire Department of Health and Human Services has kicked off a series of 12 public information sessions on the state's Medicaid expansion, "New Hampshire Health Protection Program," which residents who may be eligible for Medicaid are encouraged to attend, the Associated Press reported.

New Hampshire officials want to expand the program to about 50,000 adults who earn less than 138 percent of the poverty line and are currently seeking approval at the federal level to use federal Medicaid funds to buy private health care coverage from private providers, according to the Associated Press.

The first informational session was held in Concord and the final one will be in Portsmouth on July 1. In Manchester, about 15 people came to the session; most of them were healthcare providers, according to NHPR. They asked questions about who is qualified for the program and how registration happens.

There are two ways that eligible individuals can receive Medicaid, said DHHS Assistant Commissioner Mary Ann Cooney. They can enroll with their employer-based insurance and the state will pay for coverage, copays and deductibles that people have through that health insurance. Or, individuals can use the "bridge program," which enrolls patients in one of the state's Managed Care Organizations until, in 2016, they switch to an insurance company offered by the Healthcare Exchange, according to NHPR.

## Lawrence enters race

Jim Lawrence of Hudson has become the third Republican entering the 2nd Congressional District race but he's the first African American to run for Congress in New

Hampshire's history, WMUR reported. Lawrence has served three terms in the New Hampshire House and runs a consulting firm for small businesses in Nashua. He will face off against former state Sen. Gary Lambert, R-Nashua, and state Rep. Marilinda Garcia, R-Salem in the Republican primaries to become Democratic incumbent Annie Kuster's (D-Hopkinton) opponent. According to WMUR, Lawrence is the most conservative candidate. He voted conservative 98 percent of the time during his final term in the House.

## Improper credits

Results of a state legislative budget show business tax credits reaching more than \$875,000 were improperly awarded to firms from July 2011 to June 2013, the Associated Press reported. The tax credits are given to businesses that create jobs in economic revitalization zones, but some credits were given to businesses not located in those zones, or for employees that were not hired within the correct time period. According to Jeff Rose, commissioner of the Department of Resources and Economic Development, which oversees the state's Division of Economic Development, the agency will be addressing the issue by making changes to staffing and procedures.

## Shaheen files

According to WMUR, U.S. Sen. Jeanne Shaheen filed the paperwork and paid the filing fee for her re-election bid last week. After signing, she announced that she would remain focused on the Affordable Care Act and "making sure that people have access to quality, affordable health care." It's an issue that the state's Republican party, and frontrunner Republican candidate Scott Brown, have strongly criticized her for. James Pindell, a WMUR Political Scoop analyst, stated that Shaheen will try to gear the focus of the race toward her competition with Brown.

## Havenstein files

After Republican gubernatorial candidate Walt Havenstein officially filed his candidacy paperwork last week, he submitted a petition that asked the New Hampshire Ballot Law Commission to hold a

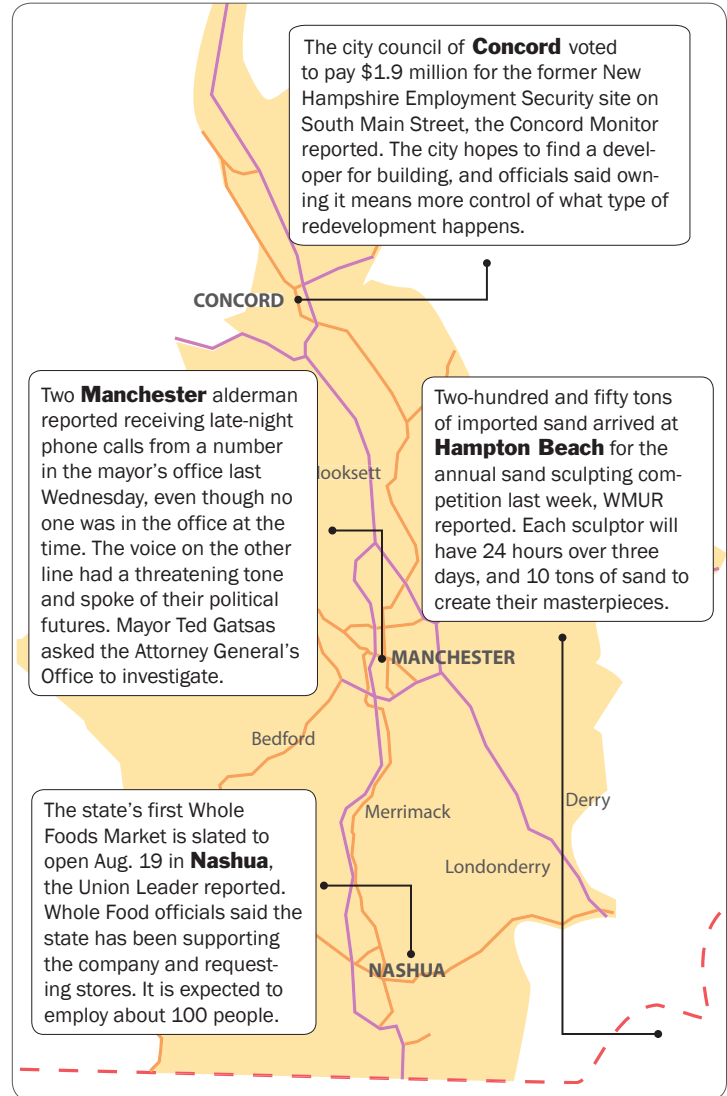
hearing on a residency issue that New Hampshire democrats have been attacking, NHPR reported. Democrats have stated Havenstein is ineligible because, to obtain property-tax exemption on a Bethesda condominium, he claimed primary residence in Maryland. Havenstein said he has lived in New Hampshire since 1999, NHPR reported. According to New Hampshire election rules, a candidate for governor must have be a "resident or inhabitant of the state for seven years to be eligible.

## Buffer zone law

Gov. Maggie Hassan has signed a bill making it illegal to protest in a radius of "up to" 25 feet around state abortion clinics, NHPR reported. A Planned Parenthood spokesperson said the buffer zone both protects the privacy, safety and dignity of patients and upholds the first amendment rights of protesters, though critics continue to argue free speech is limited by the law. Protesters who violate the law will face a minimum \$100 fine on a second offense. A written warning will be issued for a first offense of the law, which goes into effect July 10.

## Fewer food stamps

According to the Union Leader, a sturdier economy is responsible for fewer New Hampshire residents receiving food stamps — about 4,700 fewer since the early 2013 — but it's not because that many fewer people qualify for the eligibility standards. Instead, the standards for the Supplemental Nutrition Assistance Program (SNAP) have



been tightened to what they were pre-recession, as required by the federal government, which decided the state was doing well enough to make the change.

## Winner protection

She said the measure was well intentioned, but Gov. Maggie Hassan vetoed legislation that would have kept the names of state lottery winners from being

released. While it was created to protect the winners, Hassan said transparency about where and how lottery money is given out is more important than winners' privacy. The measure's primary sponsor, State Rep. Herbert Richardson of Lancaster, said that he will attempt to override the veto and bring it back next year if that fails, because winners have reported feeling harassed. 🗨️

# BEST WEEK

## BIKER DADS

The 91st running of the rally, which kicks off Laconia Motorcycle Week, fell on Father's Day, June 15, this year — making it a great gift for dads who wanted time to ride. Usually the festival ends on Father's Day, but this year, "It's just the way the calendar works" Jennifer Anderson, director of Laconia Motorcycle Week, told WMUR. Even better, Bike Week is notorious for bringing with it days of rain, but not so on Sunday, which was pleasantly sunny — perfect riding weather.

# WORST WEEK

## MIKE MORIN FANS

Come June 26, 95.7 WZID morning host Mike Morin is signing off. After 43 years in the business, Morin is retiring from radio to pursue other interests "that don't involve getting up at 3:15 a.m.," he said in a press release. Fans of Morin can check out his book, *Fifty Shades of Radio*, though, and after taking a vacation in July, Morin will start working on his second book.



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# Medical cannabis: a long way off

Many disappointed as ID card deadline approaches

By Rebecca Fishow  
rfishow@hippopress.com

Manchester resident Scott Sieper's 2-year-old son suffers from a form of epilepsy that causes him to have hundreds of seizures a day. The seizures are severe and prevent him from learning to crawl, walk, or even hold up his head.

Despite Sieper's best efforts to find help — trying 12 different drugs and taking his son to specialists at Massachusetts General Hospital and Dartmouth Hitchcock Medical Center — nothing has proved successful.

So Sieper started looking for alternative options. When he discovered success stories of patients who used a marijuana-based medication called Epidiolex, he was hopeful. The drug can't get anybody high but is said to calm overactive receptors in the brain to reduce seizures and has been approved by the FDA for investigational studies.

Last July, Gov. Maggie Hassan signed House Bill 573, which legalizes medical marijuana for people with a specific set of clinical illnesses and conditions, and sets into action rulemaking and licensing processes for patient identification cards and the creation of four alternative treatment centers. New Hampshire was the last New England state to do so.

For Sieper, that was good news.

"I was optimistic in seeing them put forth a date within a certain period of time for rules and regulations, that the intent was to help people," he said. "But I'm not optimistic now."

That loss of optimism is widespread amongst patients with severe illnesses, medicinal cannabis advocates, and the bill's sponsors, who had expected the Department of Health and Human Services to make patient identification cards available by a July 23 deadline. But the IDs won't be issued anytime soon, according to DHHS.

## Protection vs. legality

DHHS officials are in the process of making the rules that will form the content of the application for issuing and renewing I.D. card registration, provider's written certification, and procedures for considering, approving and denying application, according to Michael Holt, rules coordinator for DHHS.

The department won't, however, apply the new rules or issue the ID cards by July 23.

Back in February, Senior Assistant Attorney General Michael Brown issued an advisory statement that reviews and interprets RSA-126X and asserts that issuing the cards would support illegal activity.

"Without operational ATCs [Alternative Treatment Centers], there is no legal means for a qualifying patient or designated caregiver to obtain cannabis," Brown wrote.

That's an opinion DHHS intends to honor.

"We received guidance from the Attorney General's Office telling people we should not issue cards until dispensaries are operating. We plan to abide by that," Holt said.

That's going to mean waiting until sometime after January 2015, the legislation's cutoff date for dispensary licenses to be issued.

Mary Castelli, DHHS director of operations support, said the Attorney General's Office is the Department's legal counsel, and it advises them on how to interpret the law.

"They did provide us with a careful and thoughtful analysis of a law regarding therapist cannabis and the issuance of the cards and the proper timing, and that is why we follow their advice," she said.

But the Attorney General's interpretation varies drastically from what legislators intended the bill to mean, said Exeter state Rep. Donna Schlachman, who was the primary sponsor of the legislation and told the Hippo she could not express how disappointed she is with the Attorney General's interpretation.

"The intention of the cards was to protect patients so if for some reason they get stopped and there's a question about whether marijuana is on them or in them, they will be protected," she said. "It's just to make sure we are identifying those patients who are legally possessing marijuana. The card issue date is prior to the opening of the dispensaries, so our intention was to completely protect patients."

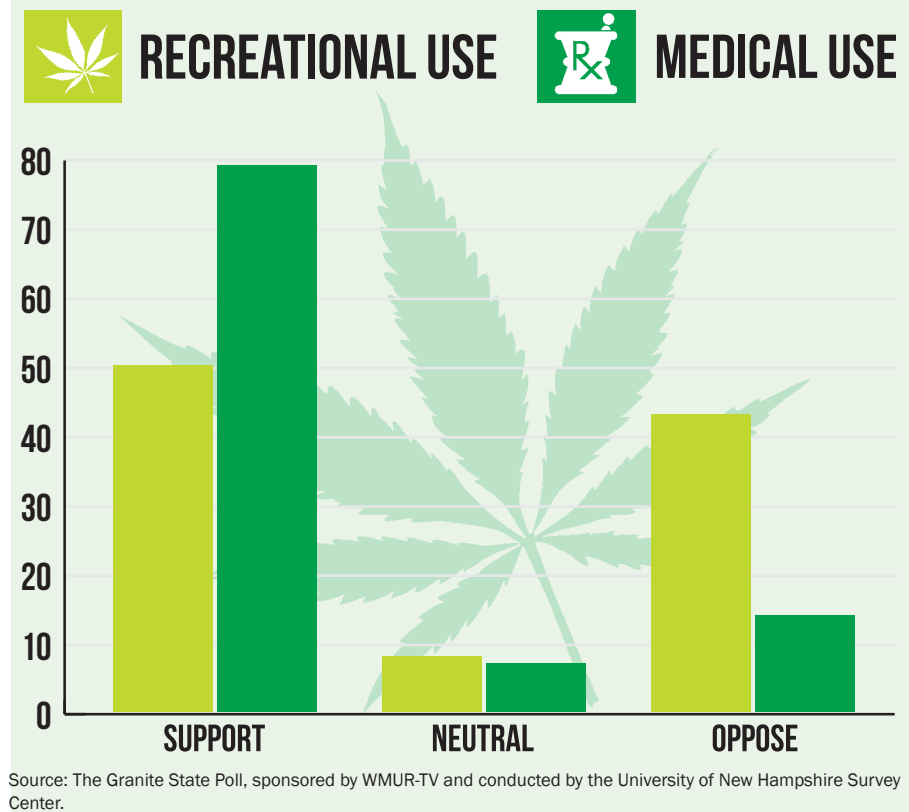
According to Schlachman, the language of the legislation states that ID cards must be issued by July 23. That language remained even after a stipulation in the initial legislation, House Bill 573, was taken out. It allowed patients to grow up to three mature marijuana plants in their homes, but Gov. Maggie Hassan refused to sign the bill unless it was removed — leaving patients with ID cards no legal way to access marijuana in the state until dispensaries are in place, Brown said in a phone interview.

"That 'home-grown' provision was taken out. So that, if you look at the totality of the law, it is intended to have medical marijuana highly regulated, highly controlled, and it's very clear that without the possibility of cultivating your own product that the only way under the law to legally purchase is the dispensaries," Brown said.

At a late May public hearing, the DHHS decision to honor the Attorney General's

## Do Granite Staters support marijuana legalization?

Results from the most recent WMUR Granite State Poll examining the public's views on both medical and recreational marijuana show strong support for medical marijuana and modest support for recreational marijuana in April 2013.



advice was strongly questioned. The meeting was attended by 16 people — members of the New Hampshire Medical Society and The New Hampshire Civil Liberties Union, patients, and others.

Public hearings are required every time new rules are made, Holt said.

"It's not like we felt like we needed [a special public hearing]," he said. "It was fairly well-attended. Most of the hearings aren't attended at all, so that's kind of nice."

At the meeting speakers noted that the ID cards should be issued as soon as possible in order to protect patients who already use or want to use cannabis for medicinal purposes. They referred to laws established in New Jersey, Connecticut and Delaware, where patients have been issued ID cards before a legal source of cannabis was established.

"The ID cards were supposed to be issued by July at latest," New England Political Director and Legislative Analyst for Marijuana Policy Project Matt Simon, who was in attendance at the hearing, told the Hippo. "We were told it would be sooner. It was everybody's understanding having the patient registry was a priority."

That's how legislators who created the bill understood it too, said Schlachman.

"It was never our expectation that patients would only get and only have the option of getting it from dispensaries," she said. "And even with the home-grown option, we never pretended that patients would not continue to get it where they are getting it now."

DHHS is in the process of considering public comment on this issue and other concerns, like patient confidentiality rights and the strictness of restrictions on which conditions and symptoms people must exhibit in order to be issued ID cards (New Hampshire's law is one of the strictest in the country).

## Still lots to do

The cards won't be available until the ATCs become operational, Holt said. Since legislation requires the department to both write the rules and regulations for four dispensaries and issue licenses and certifications by January 2015, DHHS is working on those regulations too.

"We were given 18 months to write rules and to issue licenses. ... That's impossible to do, so we moved up our work on the licenses-for-dispensaries rules. We're working on that now and hope to make it public later this month," Holt said.



Come January, getting ID cards into the hands of patients will still be a long way off. Once dispensary licenses are distributed, the companies will still need to go through zoning departments to secure locations, render and construct the buildings, create security infrastructure and grow the product.

That's too much waiting, said Chris

Lopez, a paraplegic who said he already purchases and uses marijuana to alleviate muscle spasms.

"I do need my medicine. I do get it, and of course it's dangerous," Lopez said. "I'm forced into the black market, so the longer they wait, the longer I'm susceptible to arrest, and harm. It makes me angry." 🌿

# Networking for millennials

State's Young Professionals Networks are expanding

By Rebecca Fishow  
rfishow@hippopress.com

Seven years ago the Concord Chamber of Commerce asked about 15 of its young professional members to invite their peers to a social networking event that would gauge the level of interest. About 100 people showed up.

It was a surprising turnout for an event meant to test the waters, but it doesn't compare to the Concord Young Professionals Network's current success. The group has grown to nearly 2,000 members ranging from 21 to about 40 years old.

"It's really, from my perspective, a work-force issue," said Tim Sink, president of the Concord Chamber of Commerce. "There is a trend, and there has been for some time, for young people graduating college to leave New Hampshire. ... We were interested in making sure there was a well-educated, well-trained workforce."

Across the state, 12 Young Professionals Networks that are catering to the needs of people who choose to stay post cap-and-gown have cropped up everywhere from the Mount Washington Valley to Nashua.

They offer free membership to young adults who want to both live in New Hampshire and have a lucrative career. The networks address concerns like Sink's; goals include helping members expand their contact bases, develop professional skills, make friends, gain access to community leaders and promote their personal brands.

Responsibilities are minimal for members. They can register easily on YPNs' websites and go to as many or as few events as they want, said longtime steering committee member Angie Lane, who is the events and marketing coordinator at Red River Theatres.

Each month, the CYPN hosts two professional networking and peer-to-peer development workshops on subjects including marketing, finances and technology, Sink said.

"These are topics of interest to the young professional demographic," Sink said. "It is social. People make friendships, but also they also want a professional peer-to-peer network that's helpful to career advancement."

Working up the courage to come to networking events may be a challenge for some, Lane said, and organizers work hard to make those events comfortable for longtime members as well as newcomers.

"There's an intimidation factor. People go and say, 'Oh, I have to network and talk to people,' but we try to make sure we introduce ourselves and make a welcoming environment. If we see people looking for someone to talk to, we do our best to introduce them to other people," Lane said.

She wants people to know that the network isn't only for white collar, office-types — they encourage anyone from teachers and landscapers to come.

"I've met so many cool people," Lane said. "For me [at my job at Red River], I'm always calling people for sponsorships. ... When I call [someone I know from CYPN], it's less intimidating — it's not like a cold call. It happens a lot. It has been extremely valuable."

At about 60 members, the Derry/Londonderry group is still working up to what its organizer Nicholas del'Etoile, who

## Find a Young Professionals Network near you

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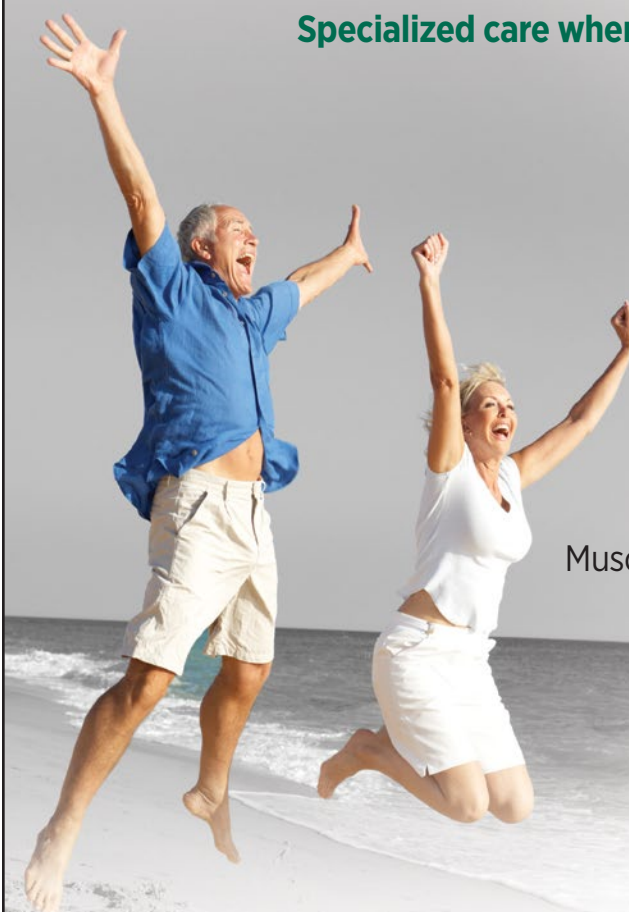
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works in sales at Liberty Mutual, hopes it will become — an organization that offers similar activities as Concord. A couple months ago, it began holding casual monthly social events at local restaurants, including Halligan's and the Common Man.

"The really great thing is it's not constantly the same people. There are always new people coming in and trying to see what the group's about," del'Etoile said.

Many of its members are entrepreneurs and depend on word-of-mouth relationships built at the events to drum up business.

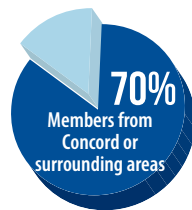
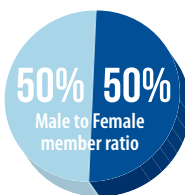
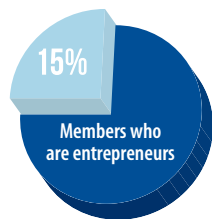
"If you create a solid relationship with that guy in the room, he's going to have no problem talking to his clients about it," del'Etoile said. "And that's who you want. ... Face-to-face outweighs social media. Nothing works better."

But many young people who get involved aren't only looking for business opportunities. They're trying to find other ways to make a difference in their communities. The Derry/Londonderry group invites local nonprofits to speak at networking events. Many of its members volunteer, or are on the boards of various nonprofits and organizations.

"I think we are all looking for ways to grow, and it's a different level of leadership," del'Etoile said. "Very few people aren't involved in more than one thing.

## Snapshot of a YPN

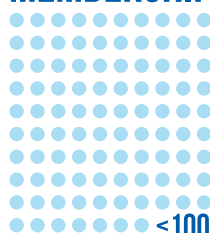
The Concord YPN attracts a diverse crew



**2,000** CURRENT MEMBERS

**27-32 YEARS** AVERAGE AGE RANGE OF MEMBERS

**STARTING MEMBERSHIP**



Source: Tim Sink, Concord Chamber of Commerce

I don't know if that's unique to my age group."

While some YPNs stick mostly to more traditional networking and education events, others also take an un-networking approach.

Perhaps you've seen a bunch of runners racing down Nashua's Main Street in pursuit of a man in a full moose costume? That's the annual the Mad Moose Mile, and it's hosted by Nashua's network, iUGO. The Lakes Region YPN called Fusion hosts a Wii Bowling night.

"That's not what people think of when

they think of networking," said Kate Luczko, who is active in the Manchester YPN and is the director of Stay Work Play, which showcases the groups on its websites and helps facilitate a statewide YPN community.

While many of the groups are growing and thriving, the Central New Hampshire Young Professionals Network near Plymouth is trying to figure out how it might do things differently than the other groups — the rural, college student-driven location has meant problems keeping member numbers up.

"They are having conversations with chambers of commerce in Lincoln and elsewhere to talk about what they might do collectively and differently, because monthly social events don't have the same appeal as they do in Concord, Nashua and the Seacoast," Luczko said.

In Concord, the network is part of the city's chamber of commerce, but it has an autonomous steering committee. The Manchester Young Professionals Network — the first created in the state — functions independently. Its founders wanted an alternative to the chamber, which seemed to cater to an older, more established crowd.

"The chamber has always catered to the middle-age, older crowd, and as a young person who goes to an event, if you are new or getting started it's really hard to get looked at," said del'Etoile, who worked closely with the Manchester group. "You're not really the expert by any means. ... It's hard to [network] when you're the youngest face in the room and no one's giving you any time."

However, other YPNs benefit from the resources of established chambers of commerce.

"The nice thing about being affiliated is they get staff support," Luczko said. "There's infrastructure in place to print name tags or send out email reminders."



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# Creative minds

Amber Nicole Cannan chairs NH Creative Club show

How do you picture an artist? Do you think of a person scraping together enough dough to pay the bills while producing the next masterpiece? The artists and designers of the New Hampshire Creative Club are a whole other breed, utilizing their artistic expertise as creative communication and media professionals. From June 17 to July 17, some of their work is on display in the club's 2014 Annual Juried Show at Brady Sullivan Properties at 1000 Elm St., Manchester. Show chairperson Amber Nicole Cannan talks about the show and what it means to be a modern, working artist.

**Q:** *So what is the New Hampshire Creative Club?*

It's been around for more than 25 years. ... We do a creative event geared toward creative professional development every month except for two months in the summer. We did a night photo event and then there was 3-D printing. That was huge. We had more than 100 people. We've done imbedding, marketing and copyright laws.

*Has the Creative Club changed much in the past 25 years?*

We've maintained a status quo over last couple years. There have been changes in leadership and membership, but one goal was to grow membership with younger people. We haven't had a lot of younger, newer people enter the club, so we're trying to reach out with the types of events we do.

*Tell me about this year's juried show.*

This year we had over 90 entries, and just over 40 have been selected for the show. We have esteemed judges who debated for hours over what should be included, and what should be best of show. ... There was a lot of photography, graphic design, entries. Also, quite a few videos.

*What were the judges looking for?*

Creative excellence and excellence of construction. We try to not put really specific criteria on the judges. ... We focus on including a lot of higher levels, like marketing directors, creative directors.

*When you put so many mediums right next to each other, do you notice any larger trends in commercial art?*

Yes, that's a really great question. Just in



Amber Nicole Cannan

general, there's been a lot of blurring. When you are getting on the commercial end, so many artists wear so many more hats. There's a much wider blend. I think that's where a lot of the young guys are coming from. So many have traditional backgrounds in painting or sculpture, but they are picking up new mediums like Web design or animation and those mediums just blend. It just all flows together.

*Is that what clients are looking for?*

From my personal perspective, absolutely. I work full time for a pharmaceutical manufacturer, so I'm doing it all: writing, copywriting, graphic design, photography, illustration. ... Individual clients, from my understanding want more than one area of expertise.

*Are there trends in aesthetics as well?*

There are always trends that are changing. Apple, Mac brought on a heavy, texture-based feel to digital media ... and as things evolve, Windows, with its new operating system, has brought in more flat graphics and color, embracing the fact that this is a flat medium. ... Design and art is always changing.

*Is there more math involved with art now than there used to be?*

There is, yes, when you start having to deal with the digital side. It's maybe not math in the traditional sense, but a lot more artists can program nowadays.

*Any advice for people who want to start using their artistic talents as a career path?*

Everyone thinks of the poor, starving artist image, and that's why people don't pursue it. ... But look into it. There's so many kinds of artists, especially nowadays. There are people that specialize in hair textures, lighting, skin, scientific or medical illustrators. There are so many different avenues to art. ... Just jump in. Take a class. I always recommend that. —

Rebecca Fishow

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## QUALITY OF LIFE INDEX

### Soccer on the big screen

For all soccer lovers, the World Cup has begun, and it continues through the better part of July. If you get tired of watching it on your tiny screen at home, you can get prime viewing at some theaters like Chunky's in Nashua, which hosts World Cup viewing parties throughout the series.

**QOL Score: +1**

**Comment:** *You can root for Team USA on Sunday, June 22, at 6 p.m., in its match against Portugal, and then again on Thursday, June 26, when it plays against Germany.*

### Prom 2.0

Epping students got another chance at prom last week, which was canceled in May due to several students showing up drunk, according to wmur.com. Community leaders stepped up, donating products, food and a venue to let the students have a second try — but this time with stricter policies and procedures. (All those who attended had to take a shuttle and have bags searched.)

**QOL Score: +1**

**Comment:** *"It's something that every person looks back on in their high school experience, and they just want to look back and smile. Everyone inside there is so happy," Epping High School representative Casey Sturzo said in the article.*

### Make for the markets

Shopping at open air farmers markets is just more fun, and the season for local produce and products is officially in full swing. Most locations across the state are now up and running, and a couple will be open beginning late June. According to WMUR, shopping at one will be easier than ever -- the number of markets is growing across the state, along with the number of markets accepting SNAP/EBT cards. Twenty-three in all, including Manchester, Concord Salem, Exeter and Amherst, are accepting payments by federal assistance programs.

**QOL Score: +1**

**Comment:** *To find a market near you, visit [visitnh.gov/what-to-do/markets-and-fairs/farmers-market.aspx](http://visitnh.gov/what-to-do/markets-and-fairs/farmers-market.aspx)*

### Bye bye bobcats

UNH biologists who think that man-made barriers like highways are preventing local bobcat populations from growing are conducting a genetic study trying to prove it, WMUR reported. The study uses DNA samples taken from 130 bobcats that have been killed along state roads. It is finding that if the cats cannot cross roads to breed with other cats, more inbreeding can occur, which causes reproductive failure.

**QOL Score: -1**

**Comment:** *Another way highways are hurting bobcats? Car collisions constitute a significant source of their mortality, particularly in southern New Hampshire, according to New Hampshire Fish and Game.*

**QOL score: 79**

**Net change: +2**

**QOL this week: 81**

*What's affecting your Quality of Life here in New Hampshire? Let us know at [news@hippopress.com](mailto:news@hippopress.com).*

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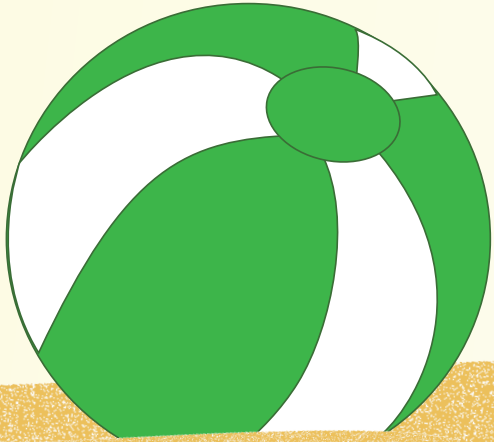
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# Mailbag delivers interesting questions



Today, we'll go to the mailbag to see what inquiring minds want to know.

**Dear Dave:** What do you think of the latest twist in the Donald Sterling-NBA saga, where he's now not selling the

team and has hired four investigation firms to dig up dirt on the other owners and look into the league's financial dealings? **Albert Davidstern**, 32 Retirement Way, Palm Springs, California

**Dear Al:** Despite its being a typically vindictive move by a pretty horrible guy, this could be one of the funniest things ever to hit sports. I'll bet you any money there is more than one NBA owner and probably a past commissioner or two sweating it out now that he's hired those private dicks to dig up dirt on them. And when the dirt starts flying from an 81-year-old creep with money to burn and nothing to lose, it could get ugly. And then will the NBA fire back with the dirt they have on him and probably have been suppressing for years? I think, unless the NBA owners are totally clean, the league has quite a PR issue on its hands and there's no question in my mind the NBA is going to take several body blows before it's done. In short, TMZ must just be uncontrollably drooling for what is to come.

**Dear Dave:** How do you divide up the blame pie on the disappointing Red Sox season? **Press Marravich**, 62 Meedia St., Bacstabb, Mass.

**Dear Press:** I don't like the word "blame." I prefer to ask what are the reasons behind their troubles. First, as I said last week, I thought they played above their talent level all last year, when almost every break went their way, which is to their credit. Now, some of that is evening out. Plus, offensively, **Ben Cherington** misjudged **Jackie Bradley's**

ability to replace **Jacoby Ellsbury** and the impact of **Jarrod Saltalamacchia** leaving them with no lead-off hitter and a toothless bottom third of the order. That's before we get to almost everyone who stayed not playing as well as they did a year ago.

**Dear Dave:** What do you make of the column on ESPN.com from Football Focus that used a series of stats to say Tom Brady no longer belongs on the Mt. Rushmore of active NFL quarterbacks? **T. Rex**, 300 Ryan Ave., Florham Park, New Jersey.

**Dear T. Rex:** First, what's with the one-letter first name? You're not related to **V. Stiviano**, are you? Second, it's not a stretch to say in general a soon-to-be-37-year-old guy is not as good as he was when he was 31. However, like most stat geek numbers, the below-the-league-average 57 percent completion rate when defenders are in his face stat this supposition is based on doesn't take into account any variables. Like if the Patriots offense is as demanding as some say it is in its need for precision, perhaps the routes being run by inexperienced receivers could play a role in ticking that rate down. Especially when Brady spent the first half of the year getting to know those guys after losing **Gronk**, **Wes Welker**, **Aaron Hernandez** and **Danny Woodhead** all at once and **Shane Vereen** for two months after Game 1. Second, many point to his reduced numbers like TD passes, but where's the stat that shows if a QB actually "elevated" the performance of the guys he was throwing to above what was expected from them? The numbers may not show it, but in completely pulling wins out of thin air against New Orleans, Denver and especially Cleveland, he did more with less than any QB in the league and there's no stat for that either. That is, other than the third-best-in-the-league 12 wins he led an inexperienced offense to, which, as I've pointed out long before Brady said it last week, is the only stat that matters. And finally, what was that "under duress completion rate" when Gronk

played? Probably higher, just like the points per game total, which jumped by more than 10 to 32 in the eight games Gronk played. Projected over a 16-game season, that's a very healthy 512 points and that's when just one of the four guys he lost was playing. My bottom line is that stat geeks' numbers rarely provide context and that's why I don't give them much credence.

**Dear Dave:** What are your thoughts on what Steve Coburn had to say immediately after his horse California Chrome lost his chance at winning the Triple Crown at the Belmont? **Eddie R. Caro**, 12 Horse and Hound Road, Shoemaker, New Mexico.

**Dear Eddie:** I would say it was one of the all-time great sports meltdowns in a perfect mix of poor sportsmanship, raw emotion and ridiculous logic. Probably the best since **Rick Pitino** launched into his "Larry Bird, Robert Parish and Kevin McHale aren't walking through that door" harangue after an unbelievable **Vince Carter** buried the Celtics at the buzzer for the third time in 20 days. And Coburn's apology meltdown, though sincere, was almost as funny. But having said that, I completely disagree with his notion that horses should have to enter all three Triple Crown races. That's where the term "there are different horses for different courses" comes from, isn't it? Winning on all three says you beat the horses that specialize in sprinter speeds of the shorter Kentucky Derby and the ones who have the greater endurance required to win on the longer Belmont track. That's what makes winning the Triple Crown so special and difficult, just as it was for the great **Secretariat** when I was right there at the Belmont to see him finish off the first Triple Crown win since Citation in 1947 as he blew away the field by an astonishing 33 lengths in June 1973. It left no doubt he was the greatest horse in the world at that moment.

Email Dave Long at [dlong@hippopress.com](mailto:dlong@hippopress.com).

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# Lacrosse streaks continue

**The Big Story:** The story of the NHIAA spring state tournaments was the streaks being run up in lacrosse, and one that went down the drain. On the bright side, with a 10-6 win over arch-rival Pinkerton, Bishop Guertin claimed its fifth straight Division I lacrosse title. The Bedford boys made it three straight titles and 61 straight wins with a tougher-than-expected 12-10 win over Goffstown in Division II. On the downside, in Division III the Derryfield boys saw their 39-game winning streak and a hopes of a second straight state title go down the drain when they were stunned by Hollis-Brookline in a 10-9 double-overtime loss last Tuesday.

**Sports 101:** Who was the first pitcher to win a game against every one of the 309 teams in the major leagues?

**The Douglas MacArthur "I Shall Return" Award:** To the Londonderry baseball team, which, after an upset loss to Exeter in the Division I State Championship game, returned and finished the job with a 4-1 win over Pinkerton to claim the title. Pitching had been the hallmark of the season and it was the case again on Sat-

urday at Northeast Delta Dental Stadium when **Tom Corey** allowed just five hits and struck out seven in going the distance to get the win.

**Double-Double:** Added to the delight of the Bedford boys winning their third straight state lacrosse title was the girls winning their first. They did it by upsetting top-ranked and two-time defending champion Windham 19-12 behind a 10-goal game by **Drew Shapiro**. It left the Bulldogs with a 17-3 record and their first state championship.

**Sports 101 Answer:** **Al Leiter**, who pitched mainly with the Toronto Blue Jays and later with the New York Mets, was the first pitcher to win against every team after the MLB expanded to have 30 teams.

**On This Date – June 19:** 1936 – German boxer Max Schmeling KOs Joe Louis. 1988 – Curtis Strange becomes the last back-to-back U.S. Open winner by shooting 278 at Country Club. Born: 1903 – Lou Gehrig, the Iron Horse. 1974 – Doug Mientkiewicz, who recorded the last out and then tried to steal the ball when the Red Sox ended the 86-year curse. 🐝

## The Numbers

**1** – hit allowed by **Tanner Putnam** as he pitched Goffstown into the Division II Baseball Finals by shutting out defending Portsmouth 3-0 at SHNU in a 7 strikeout performance on Wednesday. He then hit a crucial second inning 3-run triple to launch Goffstown to an 8-1 win over Plymouth to earn the Division II baseball behind a complete game win by **Tyler Perron**.

**2** – NBA title rings won by **Matt Bonner**, of the Concord Bonners, after a 4-games-to-1 demolition of the Miami Heat that concluded with the San Antonio Spurs' 104-87 Game 5 win on Sunday.

**3** – seed was the position Bedford's **Dan Soucy** came from to win the State Tennis Singles title on Wednesday by beating one-seed **Ryan Broderick** of Londonderry in straight sets 6-1, 6-2.

**8** – combined goals from **Tyler Sullivan** (5) and **Dan Colella** (3) to lead Bedford to its aforementioned 12-10 championship game win over Goffstown.

**15** – combined goals from **Brynn Polgrean** (8) and **Polly Carter** (7) as the Derryfield girls claimed their first state lacrosse title to finish off a dominating 18-0 season with a 19-2 win over John Stark in the title game.

## Sports Glossary

**Aaron Hernandez:** Former New England Patriots star and freak tight end now sitting in jail awaiting trial for three alleged murders, two of which astonishingly came *before* the Pats gave him a \$40 million deal and he spent the entire 2012 season in a Patriots uniform being treated as a hero by the faithful.

**Rick Pitino:** Now Louisville coach and one-time Celtics coach. The Boston media is still waiting for him to return to give the exit press conference he promised to give after he quit while on the road and slinked off to a Miami vacation so he didn't have to face the music of a failed regime that started with such high hopes.

**Secretariat:** Greatest horse of my lifetime and subject of a major Hollywood motion picture. He blew away the field each time in winning the Kentucky Derby, Preakness and Belmont Stakes to take horse racing's Triple Crown in 1973, a feat cemented with the 33-length victory at the Belmont in arguably the most dominating performance in a major event in any sport at any time, including the Bears beating the Redskins 72-0 in the 1940 NFL title game. ESPN got it right in its sensational "Sports Century" series naming him the 33rd Greatest Athlete of the 20th Century. In fact the only area the big fella didn't keep pace is in his movie starring **Diane Lane** as owner **Penny Chenery**, which doesn't hold a candle to *Seabiscuit* the movie.

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# Jammin'

Preserve the harvest all summer long with jams, canning & pickling

By Emelia Attridge  
food@hippopress.com

Jamming, canning and pickling (really, anything that requires a Mason jar) are all about following instructions and letting the chemical reactions do their thing to keep your fruits and veggies fresh and tasty for months. Food preservation was a necessity back in the day when the calendar closely followed the seasons' harvests. To eat strawberries picked in June or beans from August required going into the pantry and opening a jar of preserved produce. That's not necessary for the average person anymore thanks to mass food production and grocery stores, yet foodies and DIY-ers are taking up home food preservation techniques like fermentation, pickling and making their own jam.

"I think food preservation is making a comeback," Dave Valentine of Triple G Pickles said. "What's happened is you've got the whole locavore movement, local foods and foodies who want to eat local ingredients. ... Your growing season is very, very short — it's six months or less. Come December or January, if you don't do food preservation you have to go to the grocery store."

Valentine and other jammers, canners and picklers agree that it seems food preservation skipped a generation. Many have

memories of grandmothers in the kitchen storing jars of strawberry-rhubarb jam or sweet gherkin pickles. Now, it's the grandchildren of that generation looking to put local, fresh eats on the table or in the pantry.

It's also a summertime activity the whole family can enjoy. Valentine said his kids love picking cucumbers and making pickles at home, and Diane Souther of Apple Hill Farm said pick-your-own is popular for young families, and an afternoon of making jam in the kitchen is a good extension of that quality time.

"If you have kids, it's a great activity with them if you go strawberry picking in the morning," she said.

Food preservers shared their tips on preserving the harvest, a look into the slow-food craft and why they're hooked on preservation. Learn how to make jam, can and pickle, and follow what's in-season in New Hampshire this summer to use recipes and tips as strawberries, tomatoes and cucumbers are ready to eat and preserve.

## The sweet stuff

*Jams in early summer (June and July)*

**What's in season:** strawberries, blueberries, cherries, raspberries, artichokes, herbs, rhubarb

For Diane Souther of Apple Hill Farm,

making jam is a sign of summer.

When the strawberries (and rhubarb, blueberries and other seasonal fruits) are ripe, jam will soon follow.

"To walk in and smell the fresh strawberry jam from the strawberries you just picked in the field, there's nothing like it," she said. "I grew up on a small farm and we were always self-sufficient, so making jam was part of the season. ... My mother used to do it, and my grandmother used to do it, so I would help them when I was little."

After a morning of picking strawberries,

field workers at Apple Hill Farm in Concord will pull up a seat, turn on the fan, and start cutting and mashing strawberries to make jam. Like an assembly line, everyone is doing something different, from mashing and boiling, to filling and sealing the jars of jam.

Making jam is one of the best introductions to food preservation; it's fun and easy to do. You do have to pay attention, and a hot stove is involved — first you have to sterilize the jars, then you cook the fruit, sugar and pectin down, followed by sealing the finished jars of jam in more boiling water — but it isn't nearly as difficult as it sounds.



Jams from Molly Lane Kitchen of Pittsfield at a recent Concord Farmers Market. Emelia Attridge photo.





And what's the difference between jam, jelly and preserves?

Although they are sweet and go great on toast, not all fruity spreads are created equal. **Jam** is made from chopped or crushed fruit and cooked with sugar for a gelled consistency. **Jelly** is a mixture of sugar and fruit juice (and does not include pieces or chunks of fruit).

**Marmalade** is clear and includes pieces of the fruit and fruit peels. **Preserves** include whole or sliced fruit in jelly or syrup.

• **What you'll need:** Sterilize your Mason canning jars and self-sealing two-piece lids in boiling water for 5 minutes. You'll also need a pot or pan to cook down your jam, a "canning pot" with water to help seal the jars and a jar lifter to remove the jars from the canning pot. The *Ball Blue Book Guide to Preserving* is another essential source for any food preservation guide.

• **Process:** Recipes vary, and with all food preservation techniques, it's imperative to follow instructions exactly (for example, don't try to double the recipe). The first step in a jam recipe is to chop and mash the fruit prior to heating the fruit in a pot over medium-high heat. Sugar and pectin are added, and the mixture is brought to a roaring boil. Remove the pot from the stovetop, and skim the foam off the top. Fill your sterilized jars with the sugary mixture (it should look and smell like hot jam, or like a fruit soup). Put the lids on all your jars, and clean any excess jam off the sides. Submerge jars into your canning pot, then boil the water. After a prescribed amount of processing time, use a jar lifter to remove jars and set aside to cool. The lids will pop signifying that they are sealed.

## Strawberry rhubarb jam

Recipe from Apple Hill Farm in Concord.

3½ cups sliced fresh strawberries  
1½ cups sliced and diced fresh rhubarb  
7 cups sugar  
1 package powdered pectin (found in the baking aisle of supermarkets)

In a large stainless steel kettle bring to a low boil strawberries, rhubarb and sugar. When it reaches a full rolling boil, slowly stir in the powdered pectin. Continue stirring and cooking till it comes to another slow rolling boil and boil for 1 minute. Remove from heat and immediately seal in sterilized jam jars with new lids. Will last if sealed tightly and not opened for a couple of years.

"In today's world, they have made it easier," Souther said.

There are "freezer jam" recipes that don't require any cooking, and Ball even has a jam machine that works a lot like a Crock-Pot, she said. But if you're planning on making jam the traditional way, it's just like any chemistry in the kitchen; it's imperative to follow the recipe.

"If it calls for 5 cups of fruit and you have 8 cups, don't try to make more," Souther said. "Jam can be very particular, and it's got to do with the weights of sugars and the natural pectin in the fruit."

"One of the things that people might not notice about jams and jellies is there's a lot of sugar that goes into them. ... The sugar, the fruit, the pectin — all of those things are needed to work together chemically to get a nice jam or jelly," UNH Cooperative Extension Field Specialist Alice Mullen said.

Cut back on sugar, she said, and you end up with a "wonderful" strawberry sauce rather than a jam or jelly. Some have tried to use sweeteners, honey, or low-sugar recipes, but for first-time jammers, it's easier to stick with the sugar.

"It makes it very shelf-stable," Souther said. "With the sugar, that's part of the pre-

servative of it. It's what binds the moisture in the fruit."

For the chemical reactions to work and to get that gelled consistency, everything needs to be just right, including factors like humidity and fruit ripeness.

For the best results, it's easier to stay small and not to make a big batch. Souther said that the most difficult part about making jam is giving it all your attention (in other words, don't try to multitask).

"You can burn it easily," Souther said. "You've got to stay with it and pay attention to it, because it will boil up to the top."

At Apple Hill Farm, there are 28 flavors of jams and jellies, like strawberry-rhubarb, triple fruit, peach and spiced blueberry.

"I think the difference with our jam is we raise all the fruit ourselves," Souther said. "The standard run-of-the-mill strawberry, raspberry, blueberry — the more basic ones — are the most popular. ... I think because people are more familiar with them. When I say 'spiced blueberry,' they're not sure what spiced blueberry is. They're the old favorites, they're the ones that grandma used to make and put up."

Strawberries are ripe in early summer, in June, along with their popular jam pairing, rhubarb. Blueberries and raspberries rip-

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## In the Can

How to start and what to can

Tomatoes are a great vegetable for first-time canners because of their acidity level. Make sure that any fruit or vegetables you are using are high-quality, unblemished and free of bruises. They should also be fresh and in season. Find a recipe and canning instructions from a reliable source like a local university extension, Ball canning company or the National Center for Home Food Preservation (nchfp.uga.edu). Assemble your equipment, including sterilized jars, new lids and your canner. You can use a boiling-water canner or a pressure canner to heat-process and seal your jars.

en in July. While you can take the time to pick your own or make jam from whatever's growing in your own garden, Souther also recommends freezing a berry harvest and making jam from frozen fruit. She uses frozen berries in her blended jam recipes, like strawberry-rhubarb and triple fruit.

“It's easy to reuse jams in various things,” Souther said.

She recommends using it in a marinade (like glaze for your chicken to go on the grill this summer) or adding it to plain yogurt.

## Put a lid on it

Canning in mid-summer (July & August)

**What's in season:** apricots, beans, beets, blueberries, broccoli, cabbage, celery, carrots, cauliflower, corn, cucumbers, eggplant, greens, herbs, kale, nectarines, onions, peaches, peas, peppers, potatoes, raspberries, summer squash, sweet corn, turnips, tomatoes, zucchini

The mid-summer harvest has a lot to offer. Stop by a farmstand or farmers mar-

## Crushed tomatoes

Recipe from the National Center for Home Food Preservation, recommended by UNH Cooperative Extension Field Specialist Alice Mullen. See [nchfp.uga.edu](http://nchfp.uga.edu).

22 pounds of tomatoes per canner load of 7 quarts (or 14 pounds per canner load of 9 pints)

1 teaspoon salt per quart, if desired

Sterilized pint- or quart-sized jars

Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Then dip in cold water, slip off skins, and remove cores. Trim off any bruised or discolored portions and quarter. Heat each of the quarters quickly in a large pot, crushing them with a wooden mallet or spoon as they are added to the pot. This will exude juice. Continue heating the tomatoes, stirring to prevent burning. Once the tomatoes are boiling, gradually add remaining quar-

ket during July or August and you'll find fruits and veggies in abundance. While they're great to eat and cook fresh out of the field, ripe veggies are also prime for canning.

But before you do that, “You want to make sure that it's the highest quality produce that you can get,” Mullen said.

Mullen is a field specialist in food and agriculture and is also active in food preservation programs. She said that food preservation certainly is getting trendy, but what's driving it is the local food movement.

“I think the biggest thing is having locally sourced food available, and so one of the ways that you can do that, especially in the winter, is with food preservation,” Mullen said. “People really want to have that fresh local taste or the quality.”

She said that a few years ago the UNH



tered tomatoes, stirring constantly. These remaining tomatoes do not need to be crushed. They will soften with heating and stirring. Continue until all tomatoes are added.

Then boil gently five minutes. Add bottled lemon juice or citric acid to jars (see acidification directions at [nchfp.uga.edu](http://nchfp.uga.edu)). Add 1 teaspoon of salt per quart to the jars, if desired. Fill jars immediately with hot tomatoes, leaving ½-inch headspace. Adjust lids and process. If processing in a boiling-water canner, process for 35 minutes (for up to 1,000 feet altitude) for pint-sized jars. For quart-sized jars, process for 45 minutes (up to 1,000 feet altitude).

Cooperative Extension had a big increase in interest in food preservation techniques like canning.

“The biggest problem is a lot of times people find out that it is a very labor-intensive, time-intensive process and so they

## Freeze Fast

Canning is a great way to keep summer-time foods like tomatoes, green beans and zucchini fresh, but another popular food preservation technique is freezing produce. “That's a lot quicker,” Mullen said. “If you don't want to spend the money on the equipment or the jars and the lids and everything else you need for food preservation, certainly you can freeze food very easily. All you need is some good-quality freezer bags or containers. ... That's another option if you want to maintain that fresh local taste.”



might do one thing, but then nothing," she said. "But then I know other people who really just enjoy it and have the time to spend to do it, so they do get very excited about it and do a lot of food preservation."

Like Souther, Mullen stressed the importance of sticking to the recipe.

"Whenever you make any kind of product, you want to follow the recipe exactly. It's not like making a soup or stew or maybe baking something," she said. "Because whenever you change the ingredients, basically you change the chemistry that's in the jar, and that's when things may not gel, the product may get mold on it or spoil."

Canning includes preserving whole fruits and vegetables, as well as preserving prepared foods like salsa, applesauce, and even proteins like poultry and seafood. While the technique encompasses a wide variety, Mullen said that it's important to follow food safety instructions.

"A lot of times they'll think, 'Well, I can put anything I want in a jar and it will be fine,' and of course, that's not always the case. You do have to make sure you preserve it safely so that you'll still have that product months from now, because of course, all food has micro-organisms in it," she said. "So one of the things you really want to do when you have any kind of food preservation is to make sure first of all that you use current USDA-tested recipes. A lot of people might have their grandmother's pickles or some very old book on how to can, and there's a lot of research and tested recipes that have come out [since then]. It's important that people do use those current guidelines."

Mullen recommends the National Center for Home Food Preservation through the University of Georgia for introductory canners and preservers (check it out at [nchfp.uga.edu](http://nchfp.uga.edu)).

Safety measures prevent your preserves from going bad, growing mold or spoiling,

but most importantly they prevent botulism (a paralytic illness that results from the bacterium *Clostridium botulinum*). But that shouldn't deter anyone from learning how to can or preserve their own foods.

"It is pretty easy to get [current] recipes right online, and then the other thing is I think it's really helpful to watch videos on how to can, and there's a lot of those available," Mullen said.

Resources are available locally as well; the UNH Cooperative Extension provides workshops and events from June through September with classes across the state. By calling the info line (1-877-398-4769) or emailing specialists at [answers@unh.edu](mailto:answers@unh.edu), you can get info about safety as well as the basics of what you need to start preserving food.

"The one thing with canning is that first of all, it does require certain equipment that you need to do it with. So people may not have that equipment readily available."

For heat-processing canning methods, you'll need a boiling-water canner (they have perforated racks that can be removed and fitted lids) or a pressure canner (which includes a dial or gauge).

Once you have your equipment (including sterilized jars and new lids), find ingredients with a high acidity level (some vegetables, like leeks and succotash, have a low acidity level). For beginners, Mullen recommends starting with canning tomatoes or applesauce.

"When you get ready to can, make sure you have all your ingredients that you need ahead of time," Mullen said. "The other thing is I usually like to block out a complete set of time. It's not something you can do in just 15 minutes; you're going to need a good hour to an hour and a half. You want to make sure that's uninterrupted ... so that way you can really focus on what you're doing and keep track of how the whole process is going."



Relishes and pickles from Meadowview Farm in Gilmanton at the Concord Farmers Market. Emelia Attridge photo.

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## Pucker up

*Pickling in late summer  
(August and early September)*

**What's in season:** apples, beans, beets, blackberries, broccoli, Brussels sprouts, cabbage, celery, carrots, cucumbers, eggplant, greens, herbs, parsnips, peaches, pears, peppers, potatoes, raspberries, summer and winter squash, sweet corn, sweet potatoes, turnips, tomatoes, watermelon, zucchini

Cucumbers are in season all summer long, but you can pickle more than cucumbers. Turnips, cabbage, eggplant and even apples can all be pickled. Get the most out of your all-summer produce and late-season fruits and vegetables by storing them with some flavor for the winter.

Dave Valentine of Valentine & Sons Seed Company and Triple G Pickles got into pickling with his wife. A huge part of why he loves pickling is that it's something he can do with his family.

"The most fun is my wife and I working together. It's a nice family thing, even working in the commercial kitchen," he said. "My kids love helping out at home."

Valentine said that his kids, ages 7 and 9, enjoy harvesting the cucumbers and gherkins together with their parents and know all the steps to making pickles from recipes at home. Although they're too young to work in the commercial kitchen, Valentine said it's still definitely a family affair.

"Basically it was all my wife's grandmother's recipes. My wife's grandmother had a 20-acre farm in South Carolina, and they grew, canned and pickled everything," he said. "One of her sweet pickle recipes was absolutely phenomenal. For years we'd give them away to friends."

That's how Triple G ("Grandma Goodwin's Gherkins") started. Now, there's more than just the sweet gherkin pickles. Valentine said that a sweet dill and a spicy dill are in the works, and the spiced apple rings are a popular favorite.

"They're all from old Southern family recipes," he said. "They probably haven't been in the stores in 50 years. ... We're try-

## How to pickle



Micro Mamas' preserved goods.  
Emelia Attridge photo.

### It's not just for cucumbers

Cucumbers and gherkins are what immediately comes to mind when making pickles, but beets, cabbage, carrots, peppers, parsnips, onions, eggplant and zucchini can also all be pickled, and they're all in season in the later summer months. Watermelon rinds, pears, peaches and apples are popular choices for sweet pickles, too.

• **What you'll need:** Fresh and firm fruits or veggies that are unspoiled and unblemished, canning or pickling salt, white or cider vinegars (recommended 5 percent acidity, or 50 grain), sterilized jars and new lids and a boiling-water canner.

• **Process:** Recipes vary, but most pickle recipes will call for firm, fresh, unblemished and unspoiled cucumbers.

Typically, the cucumbers will be salted and/or added to a brine, depending on the recipe. After boiling cucumbers and any other ingredients, you can fill your sterilized jars. Process with a boiling-water canner. Some pickle recipes will call for short storage periods (and can be eaten as soon as the next day) while others require weeks.

### Quick sweet pickles

*Recipe from UNH Cooperative Extension*

8 pounds of 3- to 4-inch pickling cucumbers  
 1/3 cup canning or pickling salt  
 4 1/2 cups sugar  
 3 1/2 cups vinegar (5 percent)  
 2 teaspoon celery seed  
 1 tablespoon whole allspice  
 2 tablespoon mustard seed

Leave 1/4-inch of cucumber stem ends attached. Slice if desired. Place in bowl; sprinkle with salt. Cover with 2 inches of crushed or cubed ice. Refrigerate 3 to 4 hours. Add ice as needed. Drain well. Combine sugar, vinegar, celery seed, allspice, and mustard seed in 6-quart pot to make pickling syrup. Heat to boiling. Add cucumbers and heat slowly until vinegar mixture returns to boil. Stir occasionally. Fill sterile jars with cucumbers and add hot pickling syrup, leaving 1/2-inch of headspace. Process 5 minutes.

ing to bring some old flavors back."

Valentine grows true gherkins, a small cucumber used to make those sweet, crunchy pickles. Any pickling recipe (gherkin and apple alike) involves a briney bath. Pickles have a vinegar brine, but for the Valentines' spiced apples it's a cinnamon and clove brine ("it tastes like apple pie," Valentine said).

"Just about all the pickling process is a vinegar brine," Valentine said. "With the pickles, we do cook the pickles in the brine for a few minutes. ... They go from that bright green that a cucumber is to almost that pickle color."

Valentine wouldn't share his own reci-

pe or technique for making Triple G Pickles ("It's the old joke, if I told you, I'd have to kill you, kind of thing," he said), but he did add what makes the pickles unique is the crunch.

Like all preservation techniques, recipes vary. Jams, canning and pickling all have that water bath process for sealing, but it's the recipes that make them unique. For pickles, there are freezer pickles, "21-day pickles," pickles you can make in a couple hours, sweet, sour and fruity pickles.

"There's different processes for different pickles," Valentine said. "It's pretty easy as long as you follow instructions. The biggest issue is temperature. ... The problem with

pickles is because they're an acidic food, they're prone to botulism."

Pickled watermelon rinds are a classic preservation recipe (albeit one that you might not have seen around in a very long time), and certain bars have an affinity for pickled eggs. Valentine is currently working on a "Dilly Bean," a pickled green bean with dill. He's just waiting for green beans to be in season.

"I've got a few people frothing at the bit waiting to come out with those," he said. "[People] are so separated from where food comes from, they forget I can't go to the farmers market in January and get green beans."

Many people approach Valentine at the farmers market to check out the Triple G Pickles. While some are curious about the pickled apples, others are interested in pickling itself.

"There's quite a few people who do can and make their own pickles," he said. "I think people now are saying, 'Well, I want to make it myself.'"

Valentine said that the surge of the food sustainability movement and an increase of people who are looking at what's in a product's ingredients has a lot to do with the trendiness of food preservation.

He also associates it with how the fast food generation would go to the supermarket and buy a jar of Vlasic pickles instead of taking the time and effort to make their own. Now, people are more interested in kitchen DIY.

"It skipped a generation. ... I think the sustainability movement and the whole localvore movement is definitely jumping on the whole food preservation thing, so they can fill their pantry," he said. "Especially when you get the older people who remember [preserved foods] as kids."

For beginning picklers, Valentine recommends getting connected with your local cooperative extension and using its recipes.

"They might not be exactly what you want as far as flavor, but you know you're working with a safe and tested recipe," he said. "That will give you a starting point." 🍷

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# THIS WEEK

EVENTS TO CHECK OUT JUNE 19 - 25, 2014, AND BEYOND



## Saturday, June 21

Raise a glass to local industry. New Hampshire Craft Beer week runs Saturday, June 21, through Saturday, June 28. The line-up of events includes a beer dinner featuring four Granite State breweries on Tuesday, June 24, at Tek-Nique in Bedford (tickets cost \$65 per person; call for reservations); a tap takeover by 603 Brewery, which will offer its full line of beers at River Road Tavern in Bedford on Thursday, June 26, from 8 to 10 p.m., and New England Tap House in Hooksett on Friday, June 27, from 8 to 10 p.m.; a tasting event at Red Blazer in Concord on Thursday, June 26, from 7 to 10 p.m. (featuring three NH breweries), and more. See [nhbeerweek.com](http://nhbeerweek.com).

## Eat: Burgers

The annual Burger Fest at The Barley House (132 N. Main St., Concord, 228-6363, [thebarleyhouse.com](http://thebarleyhouse.com)) ends Saturday, June 21. The event, which raises money for Children's Hospital at Dartmouth-Hitchcock, features a special menu of burgers that includes restaurant favorites such as the Dublin Burger as well as specials like the Cuban Chorizo Burger or Chicken & Waffle burger. See the story in the June 12 issue of the Hippo (go to [hippopress.com](http://hippopress.com), click on the current week's issue and then click on the calendar icon on the bottom left of the page; the story is on page 38).

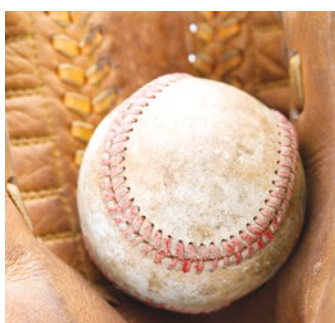
## Drink: Milk

Celebrate all things local milk — including cheese and ice cream — at New Hampshire Dairy Day Saturday, June 21, from 10 a.m. to 4 p.m. at the New Hampshire Farm Museum (1305 White Mountain Hwy. in Milton; [farmmuseum.org](http://farmmuseum.org)). Taste New Hampshire dairy products (including ice cream and cheese), help make butter and cheese, learn about cows and ride a horse-drawn wagon. Admission costs \$7 (\$4 for kids).



## Thursday, June 19

The annual Master Sand Sculpturing Competition runs today through Saturday, June 21. Watch the experts go way beyond a one-bucket castle as they build seemingly gravity-defying creations made from 250 tons of sand. The sculptures will be illuminated for night viewing through July 6. See [hamptonbeach.org](http://hamptonbeach.org) or go to [seacoasthippo.com](http://seacoasthippo.com) and click on "Issues" for the June 19 issue of the Seacoast Hippo, which will also have details on the event.



## Thursday, June 19

Take in a game at Holman Stadium (67 Amherst St., Nashua, 718-8883, [nashuasilverknights.com](http://nashuasilverknights.com)); the Nashua Silver Knights (summer baseball team competing in the Futures Collegiate Baseball League) play the Worcester Bravehearts tonight at 7:05 p.m. You can also catch an afternoon game on Sunday, June 22, when the Knights take on the North Shore Navigators at 2:50 p.m.



## Saturday, June 21

The Bobcat Bolt 5K and Oyster River Festival will be held today from 9 a.m. to 1:30 p.m. at Oyster River High School (55 Coe Drive in Durham, [bobcatbolt.com](http://bobcatbolt.com)). The 5K starts at 9 a.m., a fun run starts at 10 a.m. The festival is free to enter (bring money for food and other items for sale). See [oralumni.org](http://oralumni.org) for the musical line up and more information on the festival.



## Sunday, June 22

Stroll through historic seaside gardens at the New Castle Village Walk and Garden Tour today from 1 to 4:30 p.m. The annual self-guided tour (which includes an artist's studio, a waterside cafe and more) benefits the Pontine Theatre. Tickets cost \$15 in advance, \$20 on the day (at the Coast Guard Station off Route 1B in New Castle). See [pontine.org](http://pontine.org) for tickets; call 436-6660.

## Be merry: With comedy!

See a laugh-packed line-up (including Dennis Fogg, Kennedy Richard, Jesse Bickford and Wes Hazard) at a Comedy Benefit Show for the Manchester Animal Shelter on Friday, June 20, at Milly's Tavern (500 Commercial St. in Manchester). Ticket cost \$15 online in advance ([gofundme.com/comedymanchesteranimal](http://gofundme.com/comedymanchesteranimal)) or \$20 at the door. Doors open at 8:30 p.m.; the show (which is 21+) start at 9 p.m. Bring items to donate to the shelter.



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# ARTS

## Downtown art

Community comes together to art-up Concord

By Kelly Sennott  
ksennott@hippopress.com

When The Hippo wrote extensively about public art in New Hampshire last summer, it seemed the one major city lagging behind — at least in modern or community-based public art — was Concord.

It didn't have the International Sculpture Symposium of Nashua or the outdoor murals of Portsmouth, but at the time the story ran, there were plans to implement these ideas in the city's master plan for the downtown redesign.

Now it's finally happening.

It starts with Mosaic 250, a community art project headlined by Jessica Fogg, Hopkinton artist Lizz Van Saun and Concord 250, a newly formed nonprofit created as part of the city's 250th anniversary.

"For the past couple of years, we've been talking a lot about getting public art in downtown Concord," said Fogg, owner of JFogg Social Inspirations and a member of Concord 250 and Creative Concord. "The 250th anniversary seemed like a great opportunity to accomplish that goal."

The plan is for community members who attend upcoming city events — like Midsummer Night Magic on July 20 and the Granite State Music Festival June 21 and 22 — to contribute to the bright, colorful mosaic by placing bits of reclaimed glass in place. The mosaic will be divided into four panels, each 3 feet by 4 feet and built to withstand all weather conditions.

Van Saun will man the art-making booth. She's already laid out a template for the proposed piece, which will contain Concord's symbols — iconic buildings, Concord Coach, perhaps references to the Discovery Center — as well as New Hampshire's, from its vegetation and wildlife to its historic landmarks.

You don't have to be artistic to take part; community members will fill in the design like a paint-by-number. Some have already done so, during Concord 250's Dancin' in the Streets Party and the Concord Arts Market on June 6 and June 7.

Having headlined mosaic projects in Concord, Keene and Vermont, Van Saun thinks it's a great way for locals to come together.



Byron Champlain laying down the first piece. He's the program officer at Lincoln Financial Group, which is sponsoring the art project. Courtesy photo.

"It gives people the opportunity to create something they otherwise might not have had the chance to do, and be successful at it," Van Saun said. "There will be an educational piece, too, when installed; I think people will have a lot of fun recognizing the symbols."

There's no set location for the final piece, but there's hope that, at the end of the summer, the mosaic will be completed and ready for installation by next summer, a present from the community to the city at the tail end of its 250th year.

Tim Sink, president of the Greater Concord Chamber of Commerce and member of Creative Concord, says it's just the beginning. There are plans for wider sidewalks, more public spaces, and, if all goes as planned, more public art.

"It's one piece of a much bigger picture taking place here," Sink said in a phone interview. "Over the course of a year and a half, we'll see a complete renaissance of downtown Concord. ... The end product is going to be a very attractive destination downtown, and part of that is going to [include] more public art."

Of course, placing public art, Sink said, is much harder than you'd think, particularly because art is so subjective. This also makes choosing the type of art very tricky, but he feels the mosaic will appeal to a wide range

of viewers. This kind of public art allows the city's residents to be part of the downtown renaissance.

"I hope it's a catalyst for more public art,

### First capital sketch crawl

You may also see community artists wearing green "Drawing Attention" T-shirts next weekend that, on the back, say "palate, pallet, palette: eat, sleep, paint."

Local artist Bobbie Herron is organizing an urban sketching event Saturday, June 28, from 10 a.m. until after 2 p.m. She took the idea from Urban Sketchers, an organization that began in Washington state aimed at raising the artistic, storytelling and educational value of location drawing and connecting people around the world who draw where they live and travel.

This event, Drawing Attention in Concord, is not an official Urban Sketchers event, Herron said, but rather a means to gauge the city's interest.

"It's sort of like a flash mob or a pub crawl," Herron said. "I personally live in town and take my sketchbook everywhere; I'll pull up a rock or a wall or something, and I'll just sit down with my sketchbook and watercolor palette. ... But the event isn't so much about sketching as it is about stopping and looking and seeing the things you see a million times, but seeing them again as though for the first time. Perhaps it's the city's architecture, but also the little nooks and crannies that make your city your city."

The event starts with a kick-off gathering by the arch in front of the Statehouse at 10 a.m. Then, participating artists will head out anywhere in the city to sketch. They should bring their own supplies, camp stool (while being sure to respect traffic, pedestrians, business establishments, etc.), and sketchbook. At noon, the artists will meet again at Eagle Square to share their sketchbook art and eat lunch before venturing off again and meeting back at the arch at 2 p.m. The day-long event is aimed at beginner and experienced sketchers. It's meant to be relaxed; there's no required registration, but you can learn more at the event page on Facebook.

### Participate in the mosaic-building

• **Midsummer Night Magic**, Friday, June 20, 4-7 p.m.

• **Granite State Music Festival**, Saturday, June 21, 2-5 p.m., and Sunday, June 22, 2-5 p.m., at Kiwanis Riverfront Park

• **Free Family Fun at Market Days**, Thursday, July 17, 10 a.m.-2 p.m.; Friday, July 18, 10 a.m.-2 p.m.; and Saturday, July 19, 10 a.m.-2 p.m., at the Statehouse lawn

• **Concord Arts Market**, Saturday, Aug. 2, 9 a.m.-noon; Saturday, Aug. 16, 9 a.m.-noon; and Saturday, Sept. 6, 9 a.m.-noon, at Bicentennial Square

• **Porkfest**, Sunday, Aug. 17, noon-2 p.m., at Merrill Park

• **Concord Multicultural Festival**, Saturday, Sept. 13, 1-6 p.m., at the Statehouse lawn

### Learn more

**Website:** concord250.org

**Facebook:** facebook.com/mosaic250, facebook.com/concordnh250

**Email:** jessica@jfoggsocialinspirations.com

### 22 Art

Includes listings for gallery events, ongoing exhibits and classes. To get listed, e-mail arts@hippopress.com.

#### ART

• **CONCORD ARTS MARKET** at Bicentennial Square, Concord, opening day festivities include live musical performances by West African style

drumming troupe Araba-Lon and singer/songwriter Rachel Vogelzang. Market season continues weekly, Saturdays through Sept. 27. Visit concordartsmarket.com, venue wheelchair accessible.

### 25 Theater

Includes listings, shows, auditions, workshops and more. To get listed, e-mail arts@hippopress.com.

• **DOVER ARTS MARKET** at Cocheco Mills Courtyard, downtown Dover, on Sundays through the end of September, from 10 a.m. to 4 p.m. Free

admission, market dedicated solely to artisan crafts and fine art. Visit doverartsmarket.com, email kbsolsky@granitestateartsmarket.com, call 229-2157.

• **SUMMER SOLSTICE**

### 27 Classical

Includes symphony and orchestral performances. To get listed, e-mail arts@hippopress.com.

**ARTS & CRAFTS FESTIVAL ON THE PLAINS** Sat., June 21, 10 a.m.-5 p.m., and Sun., June 22, 10 a.m.-4 p.m., rain or shine, at Kingston Plains, Main St., Kingston. American-made

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# LOCAL — COLOR —

NH art world news

• **New acquisition:** The Currier Museum of Art (150 Ash St., Manchester, currier.org) is now home to a late oil painting by American artist John Marin (1870-1953) called "Movement in Red" (1946). The piece illustrates Marin's bold technique and conveys boats sailing off the coast of Cape Split, Maine. The piece became available for viewing at the Currier's Modern Gallery June 18.

"Marin's stunning painting joins major paintings in the Museum's collection by his contemporaries Georgia O'Keeffe, Arthur Dove, Marsden Hartley and Charles Sheeler. They offer our community an exceptional view of one of America's most important and innovative artists of the first half of the 20th century," said Currier CEO and Director Susan Strickler.

The composition is abstract, but it's done in a way to convey movement, according to a museum press release. Swirls of yellow are meant to capture the changing of the sun, the lines and rectangles in the painting's center adding structure to the scene.

Marin is one of the few American modernists who achieved widespread recognition, and you can see another of his pieces, the recently-acquired "Hondo Valley, New Mexico" (1929), in the same gallery as "Movement in Red."

• **Piscataqua Arts & Culture Alliance, ready for takeoff:** Art-Speak, the City of Portsmouth's Cultural Commission, was awarded a \$5,000 grant by the New Hampshire Charitable Foundation from the Christos Papoutsy Art Ventures Fund.



"Movement in Red" by John Marin, 1946, oil on canvas.

What this means: The Piscataqua Arts & Culture Alliance can now become a thing. The idea of the organization is to serve and facilitate collaboration, coordination and communication among the Portsmouth area's nonprofit arts, historical and cultural community, but also to make it more possible for members to better utilize resources and work together. There's an event launch on Tuesday, June 24, from 9 to 10:30 a.m. at the Strawberry Banke Tyco Visitors Center, 14 Hancock St., Portsmouth. Email info@art-speak.org or visit art-speak.org to RSVP or to find out more information.

• **17th Annual Outdoor Sculpture Exhibit open for viewing:** The Mill Brook Gallery's (236 Hopkinton Road, Concord) annual sculpture exhibit opens this weekend with an opening reception on Sunday, June 22, from 2 to 4 p.m. It will be another summer with sculptures in the gallery's immersive, outdoor landscape, but this year, there's also underwater art — Andy Moerlein, whose installation hung from a tree last year, created a piece that decorates the garden pond. The gallery is open Tuesdays through Sundays from 11 a.m. to 5 p.m., and the outdoor sculptures will be available for viewing through Oct. 26. Visit themillbrookgallery.com or call 226-2046.

— Kelly Sennott

eration of Garden Clubs on Fri., June 20, from 1 to 5 p.m., and Sat., June 21, from 10 a.m. to 4 p.m., at the McAuliffe-Shepard Discovery Center, 2 Institute Drive, Concord. Each design is based off theme "Lost in Space," "Super Nova" and "Rocket Launch." Open with paid admission to Discovery Center. Visit starhop.com, call 271-7827.

• **NEW CASTLE VILLAGE WALK & GARDEN TOUR** (Sun., June 22, 1-4:30 p.m., visit a variety of gardens, tickets \$15, purchasable at pontine.org. On day of event, tickets \$20. Call 436-6660, visit pontine.org, email info@pontine.org for information on self-guided tour.

• **3S ART SPACE GROUND-BREAKING RECEPTION** (Mon., June 23, 6-8 p.m., at facility, 319 Vaughan St., Portsmouth. Public invited. Music by local DJ, Clintron, cash bar. RSVP at 3sarts.org.

• **WILMOT COMMUNITY ASSOCIATION IMAGINATION INTO ART** exhibition and sale Fri., June 27, 4:30-7 p.m., and Sat., June 28, 9 a.m.-noon, at WCA's Red Barn, 64 Village Road, next to the U.S. Post Office in Wilmot Flat. Call 526-7934, wilmotcommunityassociation.org, wca@tds.net.

#### Exhibit openings

• **PETER MILTON: "DIGITAL PRINTS AND LIGHT-BOXES"** on view at McGowan Fine Art, 10 Hills Ave., Concord, through July 11. Artist Talk, "Digital Prints: Art and Technology" on Sat., June 21, at 11 a.m. Call 225-2515, visit mcgowanfineart.com.

• **WATERCOLORS OF CONRAD YOUNG** on view at the Conservation Center conference room, 54 Portsmouth St., Concord, 224-9945, watercolorsbbyconradyoung.com, June 19

through Aug. Reception Thurs., June 19, 2-4 p.m. Woods, flowers, mountains in watercolor. Call before visiting.

• **"ONLY IN YOUR DREAMS"** Seacoast Artist Association June show, on view now through June 28 at 225 Water St., Exeter, 778-8856. Reception Thurs., June 19, 4-6 p.m.

• **17TH ANNUAL OUTDOOR SCULPTURE EXHIBIT** at the Mill Brook Gallery & Sculpture Garden, 236 Hopkinton Road, Concord, June 22 through Oct. 26. Opening reception Sun., June 22, 2-4 p.m. Garden of outdoor sculptures curated by Pam Tarbell. Visit themillbrookgallery.com, call 226-2046, email artsculpt@mindspring.com.

• **THE CUNNINGHAM POND PAINTERS** show art at the Hancock Town Library (25 Main St., Hancock, 525-4411) June 21 through July 31. Shows work of Sue Callihan of

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# Parking garage music

## New Hampshire Master Chorale takes Bernstein to level 4

By Kelly Sennott  
ksennott@hippopress.com

The idea to perform in a parking garage came to Dan Perkins a few years ago, shortly after a New Hampshire Master Chorale rehearsal in downtown Concord.

"A group of us were walking in the Capital Commons parking garage. On the way to our cars, we started singing," Perkins said in a phone interview.

The acoustics, Perkins realized during the impromptu song, were quite good; the sound was not unlike what you might hear while singing in a cathedral. The area was also spacious, unusual, and would fit nicely with the chorale's mission to reach out to new audiences. Really, he thought, it could be a great place for a concert.

But it wasn't until this year that he found a suitable lineup to fit the location: on Saturday, June 21, at 7 p.m., the New Hampshire Master Chorale and Chamber Orchestra will perform Leonard Bernstein's Mass on the fourth floor of that same parking garage.

Perkins thinks Bernstein would have approved; the composer, famous for crafting the music for *West Side Story*, was a bit unconventional himself. In his work, he was unafraid to be different and perform the unexpected. Pushing the envelope, Perkins says, was his specialty.

"Bernstein wrote this mass during the Vietnam era. He was under a lot of scrutiny by the government, who thought he was tied to socialism, so he was a bit of a rebel," Perkins



The New Hampshire Master Chorale perform Bernstein's Mass this weekend at the Capital Commons Parking Garage. Courtesy photo.

said. "The music is about his personal questioning of beliefs, of religion. It's his search for answers. So this is kind of a cool piece to challenge the traditional notion of where classical music can be heard."

Bernstein's Mass was the piece Jacqueline Kennedy commissioned for the dedication of the John F. Kennedy Center. Choral member Sarah Edmunds finds it incredibly powerful.

"The music is amazing to sing, especially if you're religious. But even if you're not, the music is gorgeous, the words are amazing, and it always makes me think about what's really important," Edmunds said.

In addition, the concert on June 21 consists of the world premiere of NHMC composer in residence Jonathan Santore's "Solstices" and Nico Muhly's setting of Walt Whitman's

"Expecting the Main Things From You." Following the concert, Red River Theatres will present a sing-along screening of *West Side Story* on the other end of the parking garage. The compilation results in a blend of rock, musical theater and classical styles.

"There are passages that are *West Side Story* in sound," said Mark Yasewicz, Bow chorale member of four years. "And for me, the first thing that comes to mind in *West Side Story* is the urbane setting. ... [The parking garage] is very well-suited for what is an extremely lively piece of work."

It's not the first time the chorale has performed in an eccentric space; their last concert, "Northern Lights," occurred at the McAuliffe-Shepard Discovery Center against a backdrop of ethereal photography by Chris-

topher M. Georgia. Another project featured musical accompaniment to the black-and-white film *The Passion of Joan of Arc* in Plymouth.

Edmunds hopes the screening and obscure concert location will bring in more listeners.

"We're normally always in a church or a big hall. It's nice to take music to a place that's less musical. You don't normally think of music while you're standing in a parking garage," Edmunds said.

Perkins agrees.

"We had such a great experience in the fall at the Discovery Center," Perkins said. "A lot of people came to that concert who otherwise might not have come. Part of our mission is to reach out to new audiences, and by singing in unconventional venues, we hope to bring this type of music to people who otherwise might not venture out to hear it." 🍷

### See the New Hampshire Master Chorale and Chamber Orchestra

**On Saturday, June 21, at 7 p.m.:** At the Capital commons garage, between So. Main and Storrs streets, Concord, in collaboration with Red River Theatres, includes screening and sing-along of *West Side Story*. Tickets \$35 general, \$30 senior, \$25 student; call 224-4600, visit [redrivertheatres.org](http://redrivertheatres.org). Tickets for screening or concert only also available.

**On Sunday, June 22, at 4 p.m.:** At the Plymouth Congregational Church, 4 Post Office Square, Plymouth. Tickets \$30, \$25 senior, \$20 student; call 855-642-4672, visit [nhmasterchorale.org](http://nhmasterchorale.org)

Peterborough and her students. Opening reception Sat., June 21, 5:30-7:30 p.m.

• **"PORTRAITS IN CONTEMPORARY PHOTOGRAPHY: SELECTIONS FROM A SERIES"** at Drift Contemporary Art Gallery, Wentworth-Coolidge Mansion (375 Little Harbor Road, Portsmouth, 379-66560, [drift-gallery.com](http://drift-gallery.com)), on view now through July 20. Part of exhibition, screening of documentary *Finding Vivian Maier* at The Music Hall Loft, 131 Congress St., Portsmouth, Fri., June 27, at 7 p.m. Joseph D.R. O'Leary photographs local "Beards" by appointment, follows with artist talk and book signing Sat., June 28, at 6:30 p.m.

• **JANET DUCHESNEAU** of East Wind Pottery is June Artist-in-Residence of the Month at Exeter Fine Crafts, 61 Water St., Exeter, 778-8282. Local pottery, reception on Sat., June 21, noon-3 p.m.

### In the galleries

• **FURNITURE MASTERS PRISON OUTREACH** exhibition now through June 20 at the League of NH Craftsmen gallery, 49 S. Main St., Concord, [nhcrafts.org](http://nhcrafts.org).  
• **"THE LANGUAGE OF COLOR"** at Art 3 Gallery, 44 W. Brook St., Manchester, on view now through June 27. Call 668-6650, visit [art3gallery.com](http://art3gallery.com).  
• **"SHIFT: THE ART OF THE BICYCLE"** on view at Studio 550 through June 28, at the studio, 550 Elm St., Manchester, 550arts.com, [info@550arts.com](mailto:info@550arts.com), 232-5597.  
• **"S-T-R-E-T-C-H: BRUSH GALLERY STUDIO ARTISTS' EXHIBITION"** on view at the Brush Gallery & Artists' Studios, 256 Market St., Lowell, 978-459-7819, June 28 through Aug. 3. Artist's reception Thurs., June 26, 5-7 p.m., gallery talk with the artists Sun., July 20, 1-3 p.m.  
• **CHAD CREIGHTON** presents "Pallet Habitat" at the Sha-

ron Arts Center Members' Gallery, 30 Grove St., Peterborough, on view through June 28. Visit [nhia.edu/exhibitions-presentations](http://nhia.edu/exhibitions-presentations), [sharonarts.org](http://sharonarts.org).

• **LARRY DONOVAN AND ALINE LOTTER** present "Through the Artists' Eyes: Oil Paintings by Larry and Aline" at East Colony Fine Art, 55 S. Commercial St., Manchester, 621-7400, now through June 28. Visit [eastcolonyart.com](http://eastcolonyart.com).

• **"PHOTOGRAPHY OF OUR NATIONAL PARKS"** work by North Andover, Mass.-based painter Rob Wybrandowski, exhibit on view at Kimball Library, 5 Academy Ave., Atkinson, now through June 29. Email [director@kimballlibrary.com](mailto:director@kimballlibrary.com), call 362-5234.

• **NH CREATIVE CLUB ANNUAL JURIED ART EXHIBITION** at Brady Sullivan Plaza, 1000 Elm St., Manchester. Exhibition celebrates creative excellence in advertising/copywriting, digital/interactive design, fashion, graphic

design, illustration, industrial design, photography, student work, video. On view through June. Visit [nhcreativeclub.org](http://nhcreativeclub.org).

• **ART ON THE WALL AT CITY HALL** at 1 City Hall Plaza, Manchester, on view through June, presented by Friends of Art Manchester. Includes portraits, still life, mixed media, landscapes, friends-of-art-manchester.blogspot.com.

• **SANDRA J. PETERS** shows her solo art exhibition at the Stella Blu American Tapas restaurant, 70 E. Pearl St., Manchester, on view through the end of June.

• **JACKIE BONAFIDE** presents an exhibition of photography during June at the Belknap Mill, 25 Beacon St., E. Laconia, 524-8813, [belknapmill.org](http://belknapmill.org). Regular gallery hours Mon.-Fri., 9 a.m.-5 p.m., Sat.-Sun., 10 a.m.-2 p.m.

• **ARTIST VETERANS OF NEW ENGLAND** art exhibition fundraiser with photogra-

phy, paintings, sculpture created by New England artists who've served our country, on view at the Coffee Factory Gallery (55 Crystal Ave., Unit 1, Derry) now through June 30.

• **"GREEN IS GOLD: CHROMATIC LANDSCAPES"** by artist Tracy Levesque at Loading Dock Gallery, 122 Western Ave., Lowell, through June 29. Gallery open year-round Wed.-Sat., noon-5 p.m., Sun. noon-4 p.m.

• **PAT NICKERSON** featured artist at Seacoast Artist Association for June/July at the SAA Gallery, 225 Water St., Exeter.

• **KENNETH JOSEPH BINI** Durham-based painter is the featured June/July artist at the Drift Contemporary Art Gallery at Zev Yoga, 16 Market Square, Portsmouth, above Breaking New Grounds. On view now through July 30. Visit [drift-gallery.com](http://drift-gallery.com), call 379-6560.

• **ALENE SIROTT-COPE** exhibits photography and alcohol ink creations now through

July 10 at Hollis Social Library, 2 Monument Square, Hollis.

• **"ALONG THE RIVER: EXPLORING COMMUNITY CONNECTIONS"** summer exhibit at the Hopkinton Historical Society, 300 Main St., Hopkinton, on view through the end of the season. Look at how we use the Contoocook River and how the river has influenced the town's development. Visit [alongtheriver.org](http://alongtheriver.org).

• **"SPRING 2014"** on view at the Gallery at 100 Market St., Portsmouth, featuring 150 works by 30 artists from New England, on view through July 18. Also featuring photographer Michael Winters and painter Marilene Sawaf.

• **BARBARA MORSE** exhibits her graphite drawings in "Through My Eyes" for six weeks at the Amherst Town Library, 14 Main St., Amherst, now through mid-July.

• **"PLEIN AIR ... FROM THE MOUNTAINS TO THE SEA"** oil landscapes by Flo Par-





# ONE YEAR OF NHIA MFA

The New Hampshire Institute of Art Master of Fine Arts program celebrates its first anniversary during with a week-long residency, and members of the public are in luck; during this time, there will be several events that are free and occur at the Sharon Arts Exhibition Gallery, 30 Grove St., Peterborough.

First, on Thursday, June 26, from 7:30 to 8:30 p.m., Lance Olson — author of 12 novels, one hypertext, five nonfiction works, five short story collections and a chapbook — will present a lecture about being an artist today. Then, on Friday, June 27, from 7:30 to 8:30 p.m., artist Steve Locke will present “Contemporary Approaches to Figuration, Portraiture and the (Re)Presentation of the Body.” On Saturday, June 28, there will be a MFA student exhibition at 6 p.m., with refreshments and presentations by visual and creative writing students. Visit [nhiamfa.com](http://nhiamfa.com) or [nhia.edu](http://nhia.edu) or email [gradadmissions@nhia.edu](mailto:gradadmissions@nhia.edu).

langueli at Epsom Public Library, 1606 Dover Road, Epsom, now through July 26. Galleries open Mon.-Thurs., 10 a.m.-7 p.m., Sat. 9 a.m.-1 p.m. Call 736-9920, visit [epsomlibrary.com](http://epsomlibrary.com).

• **ELLEN DAVIS AND SUSAN JAWORSKI-STRANC** present “Paint and Print” at Labelle Winery, Route 101, Amherst, 225-2515, [mcgowanfineart.com](http://mcgowanfineart.com), now through Aug. 3.

• **ROMARE BEARDEN: A BLACK ODYSSEY** on view at the Currier Museum of Art, 150 Ash St., Manchester, now through Aug. 17. Visit [currier.org](http://currier.org).

• **“ARTISTRY IN THE HOME”** exhibition at Mark Wentworth Home, 346 Pleasant St., Portsmouth, on view through mid-August, featuring work by artist Lee Perrault.

• **“FOUR MEN: FOUR BOTANICALS”** on view at the Mill Brook Gallery & Sculpture Garden indoor gallery, 236 Hopkinton Road, Concord, [themillbrookgallery.com](http://themillbrookgallery.com), 226-2046, now through Aug. 24. Featuring work by Sean Beavers, David Carroll, Patrick McCay and Zdzislaw Sikora.

• **“ABSTRACT & MODERNISM: 1950S TO TODAY”** exhibition at New Hampshire Antique Co-op, 323 Elm St./Route 101A, Milford, 673-8499, on view through Aug. 31.

• **“ENCHANTING GARDENS”** art exhibition by local artists and their interpretations, on view at the Children’s Museum of New Hampshire, 6 Washington St., Dover, 742-2002, [childrens-museum.org](http://childrens-museum.org), now through Aug. 31. No admission fee to view the gallery only. Visit [childrens-museum.org](http://childrens-museum.org).

• **“SCHOOLS OF THOUGHT II”** NH Furniture Masters exhibition featuring work by artists who learned at the Rochester Institute of Technology, Rhode Island School of Design, BU’s Program in Artisanry, on view at

the NHFMA Gallery, 49 Main St., Concord, 224-2508, now through Sept. 8. Visit [furniture-masters.org](http://furniture-masters.org).

• **“BOLD & BRASH: THE ART OF JOHN HALEY BELLAMY”** on view at the Discover Portsmouth Center, 10 Middle St., Portsmouth, 436-8433, [laura@portsmouthhistory.org](http://laura@portsmouthhistory.org), [portsmouthhistory.org](http://portsmouthhistory.org), now through Oct. 3, 2014.

• **OUTDOOR SCULPTURE EXHIBIT** at The Fells Historic Estate and Gardens, 456 Route 103A, Newbury, 763-4789, ext. 3, [thefells.org](http://thefells.org), on view now through Oct. 13. Outdoor sculpture exhibition juried by P. Andrew Spahr of the Currier Museum, Pam Tarbell of the Mill Brook Gallery.

• **“MAPPING THE PISCATAQUA REGION: JOHN SMITH TO GOOGLE MAPS”** at John Paul Jones House Museum, 43 Middle St., Portsmouth. Admission \$6, on view through Nov. 3.

• **“MARELLI’S MARKET: THE FIRST 100 YEARS”** at the Tuck Museum, 40 Park Ave., Hampton. Free admission. On view through December 2014.

• **“WENDY KLEMPERER: RESTRAINT AND RELEASE”** on view at the UNH Museum of Art, Paul Creative Arts Center, 30 Academic Way, Durham, through May 2015.

## Classes/workshops/demonstrations

• **THE PORTABLE PORTRAIT** Sat., June 21, at 1 p.m.; Sat., July 26, at 1 p.m.; and Sat., Oct. 4, at 1 p.m., at Sid Ceaser Photography, 99 Factory Street Extension, The Picker Building, Nashua, [ceaserphotography.com](http://ceaserphotography.com), workshop \$275.

• **NHIA PRE-COLLEGE SUMMER PROGRAM** July 6 through July 18, meant for high school students to develop college application portfolios while

earning college-level credit, for students ages 16 to 19, including high school seniors. Visit [nhia.edu](http://nhia.edu), call 836-2576, email [aab-bott@nhia.edu](mailto:aab-bott@nhia.edu) for information.

## Theater

• **MY MIXTAPE: SOUNDS OF THE 80’s** at the Palace Theatre, 80 Hanover St., Manchester, now through June 21. Tickets range in price, \$15 to \$45, shows are on Thursdays, Fridays, Saturdays and Sundays. Visit [palacetheatre.org](http://palacetheatre.org).

• **MADAME BURLESQUE** evening of classic burlesque performances re-imagined Fri., June 20, at 8 p.m., and Sat., June 21, at 8 p.m., at The Music Hall Loft, 131 Congress St., Portsmouth. Range of performances, racy group numbers to “sizzling solos,” performed by Boston Burlesque group. Tickets \$23. Call 766-2199, visit [themusic-hall.org](http://themusic-hall.org).

• **LATE NIGHT WITH BRENDAN WILE** evening of music and laughter to preview 2014 productions on Sat., June 21, at 7:30 p.m., featuring Andy’s Summer Playhouse alum Brendan Wile, includes sneak preview of summer productions, at 582 Isaac Frye Highway, Wilton, right off 101. Tickets \$5. Visit [andyssummerplayhouse.org](http://andyssummerplayhouse.org).

• **THE PIRATES OF PENZANCE** presented by Seacoast Repertory Theatre now through July 19, Thursdays at 7:30 p.m., Fridays and Saturdays at 8 p.m., Sundays at 2 p.m., at 125 Bow St., Portsmouth. Tickets available by calling 433-4472, visiting [seacoastrep.org](http://seacoastrep.org).

• **THE PRINCESS AND THE PEA: ACT II** performance by Eastern Ballet Institute on Fri., June 20, at 6 p.m., at Concord City Auditorium, 2 Prince St., Concord. Family-friendly, tickets \$10, free for children 5 and younger. Call 731-3417, email [info@easternballetinstitute.com](mailto:info@easternballetinstitute.com).

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Notes from the theater scene



This weekend, the Eastern Ballet Institute performs *The Princess and the Pea: Act II*.

• **Ballets and peas:** The Eastern Ballet Institute performs a theatrical production this weekend, on Friday, June 20, at 6 p.m., at the Concord City Auditorium, 2 Prince St., Concord. The show, *The Princess and the Pea: Act II*, is based on Hans Christian Andersen's classic fairy tale and will feature classical and contemporary works. (Fun fact: The tower of mattresses that will appear in the show is actually a transformed prop. In the Institute's *Twelve Days of Christmas* winter performance, it was the five golden rings.) Tickets are \$10 (free for children 5 and younger). There will also be raffles, with the grand prize being a brand-new kayak, according to a press release. Call 731-3417 or email [info@easternballetinstitute.com](mailto:info@easternballetinstitute.com) for more information.

• **Season opener:** It's summer in Peterborough, and the Peterborough Players celebrate with a one-woman show, *Family Secrets* by Sherry Glaser and Greg Howells, at the theater, 55 Hadley Road, Peterborough. The first performance is Wednesday, June 25, at 8 p.m. The play is a vivid portrait of an American family, all of whom have skeletons in their closets. One woman, Carolyn Michel, stars as all five members, and has performed the show up and down the coast, as described in an email. Following shows occur Wednesdays, Thursdays,

Fridays and Saturdays at 8 p.m., Sundays at 4 p.m., and Tuesdays at 7 p.m. through July 6. Tickets are \$37 during the week, \$39 on Saturdays. Call 924-7585 or visit [peterboroughplayers.org](http://peterboroughplayers.org).

• **Late-night dragon slaying:** The premiere of the Late Nite Series at the Players' Ring (105 Marcy St., Portsmouth) is *The Death of a Dragon Slayer*, an original play by New Hampshire playwright Aaron Sommers, directed by Marina Altschiller. It's about a young teacher, her student with Asperger's Syndrome and their quest to navigate the sometimes poetic but more often turbulent waters of high school life, according to a press release. It chronicles the dedication of this educator and the impact one person can have on many lives. All proceeds go to New Hampshire anti-bullying programs. The first performance is Friday, June 20, at 10 p.m. The show runs through June 29, Fridays and Saturdays at 10 p.m., Sundays at 9 p.m. Tickets are \$12; visit [playersring.org](http://playersring.org) or call 436-8123.

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Garrison Players Youth Education on Fri., June 20, at 7 p.m.; Sat., June 21, at 2 and 7 p.m.; and Sun., June 22, at 2 p.m., at Garrison Players Arts Center, 650 Portland Ave., Rollinsford, [garrisonplayers.org](http://garrisonplayers.org), 750-4278. Tickets \$12.

• **CATCH ME IF YOU CAN** produced by StageCoach Productions on Fri., June 20, at 8 p.m.; Sat., June 21, at 8 p.m.; and Sun., June 22, at 8 p.m., at 14 Court St., Nashua. Visit [stagecoachproductions.org](http://stagecoachproductions.org).

• **LITTLE WOMEN** presented by Stratford Historical Society, starring local teens, Fri., June 20, at 7:30 p.m.; Sat., June 21, at 7:30 p.m.; and Sun., June 22, at 3 p.m., at historic Waldron Store, 520 Province Road, Stratford. General admission \$12. Email [elizabethburr@gmail.com](mailto:elizabethburr@gmail.com).

• **DORKS IN DUNGEONS** on Sun., June 22, at 7 p.m., at the Seacoast Repertory Theatre, 125 Bow St., Portsmouth. Last shows of regular season, admission pay what you can. Visit [dorksindungeons.com](http://dorksindungeons.com), call 433-4793. Regular cast joined by special guests Christine Penny, Dan Beaulieu, and Kevin Condardo of Seven

Stages Shakespeare Company, hot off production of *Taming of the Shrew*.

• **SWEET CHARITY** Tues., June 24, at 7:30 p.m.; Wed., June 25, at 7:30 p.m., at Palace Theatre, 80 Hanover St., Manchester, 668-5588, [palacetheatre.org](http://palacetheatre.org). Tickets \$15, \$10 for kids.

• **NUNSENSE** at Jean's Playhouse, 34 Papermill Drive, Lincoln, [jeansplayhouse.com](http://jeansplayhouse.com), 745-6032, June 25 through July 5. Tickets \$30.

• **THE FOREIGNER** produced by Majestic Theatre Fri., June 27, at 7 p.m.; Sat., June 28, at 7 p.m.; Sat., July 5, at 7 p.m.; and Sun., July 6, at 2 p.m., at Holy Cross Hall, Manchester Community Music School, 2291 Elm St., Manchester, 669-7469. Call for tickets.

• **SHREK: THE MUSICAL** at Prescott Park, starts Fri., June 27, at 8 p.m., at the park, 105 Marcy St., Portsmouth, with shows on Thursdays, Fridays, Saturdays and Sundays through Aug. 24. Visit [prescottpark.org/showtimes.cfm](http://prescottpark.org/showtimes.cfm) for list. No fixed admission, recommended \$5 donation at the entrance.

• **ANCESTRAL VOICES** at

West End Studio Theatre, 959 Islington St., Portsmouth, Fri., June 27, at 8 p.m.; Sat., June 28, at 2 and 8 p.m.; and Sun., June 29, at 2 p.m. Tickets \$18-20. Visit [actonenh.org](http://actonenh.org), call 300-2986.

• **PORTSMOUTH UNDER-BELLY TOUR** occurs Mondays and Saturdays at 6 p.m., starting June 28, starting at the corner of State and Pleasant St., Portsmouth. Adults-only tour, stand-up history with costumed-characters about the Portsmouth historical stories often "swept under the rug." Tour around Portsmouth is \$10, reservations recommended; call 978-683-7745, visit [underbellyports.net](http://underbellyports.net).

• **THE DEATH OF A DRAGON SLAYER** original play by Aaron Sommers June 20-29, Fri.-Sat. at 10 p.m., Sun. at 9 p.m. Proceeds go to NH anti-bullying programs. Tickets \$12. Visit [playersring.org](http://playersring.org), call 436-8123.

• **FAMILY SECRETS** by Peterborough Players June 25 through July 6 at the Peterborough Players Theatre, 55 Hadley Road, Peterborough. Tickets \$39 Saturdays, \$37 all other days. Visit [peterboroughplayers.org](http://peterboroughplayers.org).





# THE FOREIGNER

The Majestic Theatre presents *The Foreigner* on Friday, June 27, at 7 p.m.; Saturday, June 28, at 7 p.m.; Saturday, July 5, at 7 p.m.; and Sunday, July 6, at 2 p.m., at the Manchester Community Music School's Holy Cross Hall, 2291 Elm St., Manchester. The setting is a fishing lodge in rural Georgia, and the plot revolves around the visit of two guests, a very shy Englishman named Charlie Baker and a frequent visitor to the lodge, British demolition expert Froggy LeSueur. To protect Charlie from having to converse with strangers, Froggy announces that Charlie is the native of an exotic country who does not understand a word of English, leading Charlie to discover an assortment of private, emotional conversations and scandals, revelations made in front of him with the thought that he doesn't understand. Tickets are \$15 for adults, \$12 for seniors, \$10 for youth 17 and younger. Visit majestictheatre.net or call 669-7469. Courtesy photo.

org, call 924-9344, ext. 108, for showtimes.

• **THE STRONGEST GIRL IN THE WORLD** performed at Andy's Summer Playhouse, 582 Isaac Frye Highway, Wilton, right off 101. Showtimes Sat., June 28, at 7:30 p.m.; Sun., June 29, at 2 p.m.; Tues., July 1, at 7:30 p.m.; Wed., July 2, at 7:30 p.m.; Thurs., July 3, at 7:30 p.m.; Sat., July 5, at 7:30 p.m. Visit andysummerplayhouse.org for ticket prices.

• **ISLES OF SHOALS: THE ETERNAL SOUND OF THE SEAS** on Wed., July 2, at 7 p.m., at Amherst Town Library, 14 Main St., Amherst, 673-2288. Registration required for attendance. Call, email library@amherstlibrary.org or visit amherstlibrary.org.

• **PROJECT ZERO: A NIGHT OF ORIGINAL ONE-ACTS** debut show for new NH theater group, Cue Zero Theatre Company, Thurs., July 10, at 7 p.m.; Fri., July 11, at 7 p.m.; and Sat., July 12, at 2 and 7 p.m., at Adams Memorial Opera House, 29 W. Broadway, Derry. Tickets \$15, two for \$20.

• **HAIRSPRAY** by RB Productions at the Capitol Center for the Arts, 44 S. Main St., Concord, Fri., July 11, at 7 p.m., and Sat., July 12, at 2 and 7 p.m. Tickets \$15. Visit ccanh.com, call 225-1111.

## Auditions/open calls

• **AUDITIONS: SUMMER CHILDREN'S SERIES** at the Palace Theatre, 80 Hanover St., Manchester, Sat., June 21, 10 a.m.-noon, includes *Rapunzel*, *The Wizard of Oz*, *Cinderella*, *Peter Pan*, *The Little Mermaid*, *Aladdin*, *Beauty and the Beast*. Children's theater performed by adults, must be 15 years or older to audition. Dance call for everyone 10 a.m., singing auditions follow, call 668-5588 to schedule audition time (come with song prepared).

• **NASHUA THEATRE GUILD** annual meeting Sat., June 28, 2-6 p.m., at Margaritya's, Canal St., Nashua. Purpose of meeting is to review previous season, update members of upcoming season and plans for fundraising, elect new board. No admission fee, RSVP by emailing Kevin Riley at kpriley7@aol.com, calling 880-0243.

• **AUDITIONS** for Northeastern Ballet Theatre's Oct. 2014 *Dracula* on Sat., June 21, at the Wolfeboro studio, 26 Glendon St., Wolfeboro, and on Sun., June 22, at the McConnell Center, 61 Locust St., suite 239, Dover. Auditions for both places for 8- to 10-year-olds 2-2:30 p.m.; for 11- to 12-year-olds 2:30-3 p.m., 13 and older 3-3:30 p.m. Bring pointe shoes if possible. Visit northeasternballet.org, call 834-8834.

• **AUDITIONS: NUNSENSE, THE MEGA MUSICAL** for adults and youth age 8 to 17, on Sat., June 23, at 7 p.m., and Tues., July 1, at 7 p.m., at the Majestic Theatre's rehearsal studio, 922 Elm St., Suite 315, Manchester. Visit majestictheatre.net, call 669-7469.

## Classical

• **N.H. POLICE ASSOCIATION PIPES AND DRUMS 20TH ANNIVERSARY CONCERT** Sat., June 28, at 6:30 p.m., at Palace Theatre, 80 Hanover St., Manchester, 668-5588, \$24.50. Concert honoring NH's fallen police officers and 20 years of band history. Tickets at palacetheatre.org, 668-5588.

• **NH MASTER CHORALE: LEONARD BERNSTEIN'S MASS** concert at the Concord parking garage, level 4, on Sat., June 21, at 7 p.m. Presented in collaboration with Red River Theatres, includes a screening in the parking lot after the concert. Also includes music by Nico Muhly's, set to Walt Whitman's "Expecting the Main Things

from You" and world premiere of Jonathan Santore's "Solstices." Tickets \$35, call 224-4600, visit redrivertheatres.org.

• **SPARTANS DRUM & BUGLE CORPS** perform at Stellos Stadium, 7 Stadium Drive, Nashua, Sun., June 22, at 4 p.m. Free admission, visit spartansdbc.org.

• **SINGING SUPPORTERS** charity event Sun., June 22, noon-4 p.m., at Yangtze (509 High St., Somersworth). Fifteen singers perform for charity, proceeds benefit nonprofits chosen by singers. Each singer challenged with song, randomly selected by singing wheel, performances judged on merit. Cover charge for buffet lunch \$20, silent auction.

• **SENIOR RECITAL: ALIZA CILLEY** performs Sun., June 22, at 7:30 p.m., at Concord Community Music School, 23 Wall St., Concord, 228-1196, ccmusicschool.org. Free event.

• **SENIOR RECITAL: EMMA DONAHUE AND PETER BRICCETTI** Mon., June 23, at 7 p.m., at Concord Community Music School, 23 Wall St., Concord, 228-1196, ccmusicschool.org. Free event.

• **MANCHESTER COMMUNITY MUSIC SCHOOL** performs at Bedford Village Common, Thurs., June 26, at 6 p.m. Free.

• **RAYMOND STREET KLEZMER BAND** concert Thurs., June 26, at 7 p.m., at Greeley Park Bandshell, 100 Concord St., Nashua. Free admission. Visit gonashua.com.

• **FREESE BROS. BIG BAND CONCERT** Sun., June 29, 2-4 p.m., at Stark Park, 89 Park Ave., Manchester. Part of Friends of Stark Park Summer Music Series. Visit friendsofstarkpark.org. They also perform Tues., July 1, at New Boston gazebo downtown, 7 Meetinghouse Hill Road, New Boston, at 6 p.m.

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# INSIDE/OUTSIDE

## Creative community

### Midsummer Night Magic celebrates the arts

By Austin Sorette  
[asorette@hippopress.com](mailto:asorette@hippopress.com)

Byron Champlin was surfing Facebook when he happened upon a video that a former co-worker had posted of the Portsmouth Halloween Parade. He wished that his city had something that participatory, and the seeds of Concord's Midsummer Night Magic were planted. The event has since sprouted to include a parade, a live theater production, a movie screening and plenty of artistic activities.

"Part of my reason for wanting to create this kind of event was to help strengthen the sense of community in Concord by creating something where everyone can participate," said Champlin, the founding chairman of Creative Concord. "I wanted to build something that was uniquely Concord, for it to be creative and participatory."

The idea drew an immediate response from Jessica Fogg, an event planner who was given the reins to organize Midsummer Night Magic.

"I opened my big mouth and said, 'Let's do it,'" she said. "Next thing I knew, I was asked to bring a parade-type event to Concord. But not your typical parade. Something to really highlight the artistic community we have here."

Midsummer Night Magic marks its third anniversary on Friday, June 20. As in previous years, the streets of downtown Concord will be blocked off for a night of local arts and community.

"As we started planning, we realized that Stephanie [Zinser] from True Brew Barista was already trying to plan a merchants-type event," said Fogg. "We also learned that the multi-cultural festival was happening around the same time that we would have liked to plan the festival, so we decided to join forces."

Zinser said Fogg's proposal came at the perfect time.

"[Jessica and I] were talking about doing this event that I was having a hard time getting people on board for," said Zinser, who is



An aerialist performs during last year's Midsummer Night Magic. Janette Sprague Photography.

the co-owner of True Brew Barista. "We knew we wanted to have a creative parade, a parade of the people."

Through word-of-mouth promotion and creating what Fogg referred to as a "heavy Facebook presence," she, Zinser and the members of Creative Concord, a committee of the Greater Concord Chamber of Commerce, were able to attract local businesses, sponsors and community members to, literally, join the parade.

Every year the parade includes a variety of acts, including the Kazoophony orchestrated by the Concord Community Music School, the No Monkey Business "Who Let The Dogs Out" Costumed Dog Posse, Roller Derby Girls and anyone who wants to dress up or bring a recycled object as a percussion piece.

Champlin said everyone in the community is encouraged to participate.

"I'm certainly looking forward to marching in the Kazoophony, which my wife and I have done for the past two years," Champlin said. "A core group gathers an hour

or so before the parade at Concord Community Music School, where they provide instructions and kazoos."

Before, during and after the parade, the event features a variety of artistic activities including mask-making with the Kimball Jenkins School of Art, a photo booth provided by Cowabunga's of Hooksett and Janelle Sprague Photography, and loads of local artists and buskers flooding the streets with music and original art. The event will also feature a new community art project called Mosaic 250, a series of mosaics created by the citizens of Concord that will be displayed all over the city's downtown area.

In the time gap between the end of the parade and the beginning of the movie feature sponsored by Red River Theatres — this year a screening of *The Neverending Story* — the Community Players of Concord will present *A Midsummer Night's Dream*.

"I'm really looking forward to the ... production," Champlin said. "There is nothing like seeing live theater."

#### Midsummer Night Magic

**When:** Friday, June 20, at 5 p.m.  
(the parade leaves at 6 p.m.)

**Where:** Downtown Main Street, Concord

**Contact:** 568-5740 or [jessica@jfoggsocialinspirations.com](mailto:jfoggsocialinspirations.com)

**Visit:** [facebook.com/mnmconcordnh](https://facebook.com/mnmconcordnh)

The city's recently extracted time capsule from 1965 will be on display in the lobby of the Merrimack County Savings Bank until 6 p.m., just before the parade starts. Other businesses will also be featuring special events including a CD release party for the Concord-based Dusty Gray Band at True Brew Barista.

"If you ask anybody, they would say that years ago Concord was in a coma," Fogg said. "But in the last couple years there's been a great momentum of events happening, and we want to keep that momentum going. We've got three goals in mind for this event: we wanted merchant participation, to highlight the artists and the art organizations and to just bring the community together." 🍌



# KIDDIE — POOL —

Family fun for the weekend

## Jedi balloon tricks

Want to learn how to use the Force? Visit Chester Public Library (3 Chester St., Chester, 887-3404, [chesterlibrary.com](http://chesterlibrary.com)) for a special night of **Star Wars Jedi Knight Training** featuring Boston-based children's entertainer Jungle Jim, on Saturday, June 21, at 2 p.m. To kick off the library's science-themed Summer Reading program, the performer will lead boys and girls through a series of balloon-related challenges including Jedi Force Magic, the Laser Balloon Barrage and Jedi Teamwork. The event is free and open to the public and is recommended for padawans ages 4 to 9.

## Behind the wheel

Join the NH Flying Tigers R/C Airplane Club for their 6th annual **New England Radio Control Fly-In** on Saturday and Sunday, June 21 and 22, from 10 a.m. to 4 p.m. Bring your sunblock and a lawn chair to the Flying Tigers Air Field (B St., Derry, 401-4175, [nhflyingtigers.com](http://nhflyingtigers.com)) to catch this show featuring "warbirds," helicopters, aerobatic planes and much more. Food will be available onsite, and there will also be door prizes and raffles throughout the weekend. Admission for this event will be one non-perishable item donation for Derry's Sonshine Soup Kitchen.

If you prefer something a little more grounded, the Manchester City Library (405 Pine St., Manchester, 624-6550, [manchesterlibrary.org](http://manchesterlibrary.org)) will be hosting a **Touch A Truck** event on Saturday, June 21, from 11 a.m. to 1 p.m. The National Machinery Movers will be displaying a variety of trucks for kids to explore, and there will be face painting and other events hosted by Girl Scout Junior Troop 13103 to kick off the library's summer reading program. The event is free and open to the public.

## Get out(side)!

The Merrimack Parks and Recreation Department (116 Naticook Road, Merrimack, 882-1046, [merrimacknh.gov](http://merrimacknh.gov)) is encouraging young aspiring anglers to join its **Introduction to Fly Fishing** program on Saturday, June 21, from 8:30 a.m. to 4 p.m. In the classroom portion of the program, instructors will teach students all the basics of using rods and reels, tying knots, and identifying fish. They will then take students to Naticook Lake for the second half of the class so students can try out the techniques first-hand. The event is free and open to the public. The minimum age is 8 years old, and kids under 14 are required to be accompanied by a parent.



Weare is turning 250 years old, so come celebrate at the **Old Fashioned Lawn Party** on the grounds of Clinton Grove Academy (269 Hodgdon Road, Weare, 529-7525, [weare.nh.gov](http://weare.nh.gov)), on Saturday, June 21, from 12:30 to 3 p.m. Bring a picnic lunch, comfortable chairs or blankets and the whole family out for a day of lawn games, entertainment and a cake walk. Lemonade and iced tea will be provided, and attendees can take a tour of the academy. The event is free and open to the public.

Enjoy a free lunch at the **cookout** happening at Emmanuel Baptist Church (14 Mammoth Road, Hooksett, 668-6473, [emmanuelbaptistchurch.com](http://emmanuelbaptistchurch.com)) on Saturday, June 21, from noon to 4 p.m. Kids will get to play a variety of outdoor games, jump around in the inflatable bouncy house and get wet on the water slide. The church will be cooking up hamburgers and hot dogs and serving ice cream. The cookout will go on rain or shine.

## Camp time

The Concord Parks and Recreation Parks Department (14 Canterbury Road, Concord, 225-8690) will be hosting children's camps all summer long. Their **Tennis Camps** will take place from Monday, June 23, through Friday, June 27, at the Memorial Field Tennis Courts. Recommended for kids in grades 3-9, the camp will host beginner, intermediate and advanced levels. Players will learn the basics of serving, correct swinging techniques and more. Space is limited, so pre-registration is highly recommended. Non-residents are welcome. For details and prices, visit [concordparksandrec.com](http://concordparksandrec.com).

If your child is looking to hit the links this summer, Beaver Meadow Golf Course (1 Beaver Meadow Road, Concord, 228-8954, [beavermeadowgolfcourse.com](http://beavermeadowgolfcourse.com)) will be hosting a **Youth Golf Camp** for ages 7 to 14, from Tuesday, June 24, to Friday, June 27, from 1 to 5 p.m. The camp will teach campers proper swing techniques and how to play the different areas of the course. Kids are encouraged to bring their own clubs. Cost is \$195.

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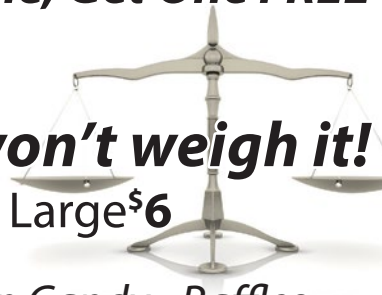
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## IN/OUT TREASURE HUNT

This week I want to share with you what I think is a great story. I am always happy to meet young collectors and share their stories. This time, Madden (in photo at right) tells his own story, which he wrote after searching for the perfect antique for an *American Pickers* contest.

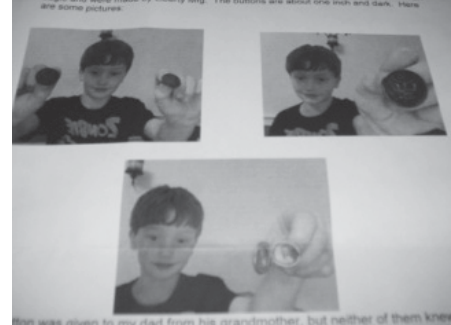
When my mom told me that American Pickers was having a contest, I knew I had to look at my grandmother's house, because she still had socks from when she was in high school. If she kept those, she must have more antique stuff! I looked through her button collection, her basement, and asked her for a suggestion, but found myself empty handed.

My mom and I went searching at second-hand stores, and then the first antique store we stopped in I knew I had found my treasure. I wanted to find something from World War II because I find it interesting and we had family that served in it.

After looking through the antique store and not finding anything, I asked the owner (Donna) if she knew of anything rare and interesting from World War II. I explained the project to her and she said I have the perfect thing.

It was perfect for me — a button from a war uniform that also was a locket. How nice to know someone had worn their family photos to war with them.

After going home and doing my homework on the company that made the buttons (Liberty Manufacturing), I decided to take a closer look at my grandmother's buttons again, and didn't I find one just like it from my dad's grandfather. This one was empty, so I had to wonder if anyone in our fami-



ly ever even knew it was a locket. So now I have my own button and an amazing story to tell. I hope other kids will read this and want to be informed about history just like me!

Madden, I just want to say thank you for sharing your story and I hope you do well with it. But most of all you need to know that your button isn't just an amazing story; it has a collectible value as well. You were very lucky to have found one, as they are not common. The value on these is in the \$100+ range. So this story really has a happy ending either way.

Donna Welch has spent more than 20 years in the antiques and collectibles field and owns From Out Of The Woods Antique Center in Goffstown ([fromoutofthewoodsantiques.com](http://fromoutofthewoodsantiques.com)). She is an antiques appraiser and instructor. To find out about your antique or collectible, send a clear photo of the object and information about it to Donna Welch, From Out Of The Woods Antique Center, 465 Mast Road, Goffstown, N.H., 03045. Or email her at [footwdw@aol.com](mailto:footwdw@aol.com) or drop by the shop (call first, 624-8668).

## Children and Teens Events

- **SOMERSWORTH INTERNATIONAL CHILDREN'S FESTIVAL** at Somersworth High School (11 Memorial Dr., Somersworth, 692-2431), on Fri., June 20, from 6-10 p.m., and Sat., June 21, from 10 a.m. to 4 p.m. The event will include food vendors, rides and live music for all ages. The event is free but \$2-\$5 donations will be accepted. For more information visit [nhfestival.org](http://nhfestival.org).
- **FREE COOKOUT** at Emmanuel Baptist Church (14 Mammoth Road, Hooksett, 668-6473) on Sat., June 21, from noon to 4 p.m. The event will include an inflatable bouncy house, water slide and outdoor games, while the church cooks up hamburgers, hot dogs and other summer treats. Rain or shine. For more information, visit [emmanuelbaptistchurch.com](http://emmanuelbaptistchurch.com).
- **TOUCH A TRUCK** at Manchester Public Library (405

Pine St., Manchester, 624-6550, [manchesterlibrary.org](http://manchesterlibrary.org)), on Sat., June 21, from 11 a.m. to 1 p.m. Kids can explore the inside of a variety of trucks in the library's parking lot and get their faces painted courtesy of Girl Scout Troop 13103. The event is free and open to the public.

- **STAR WARS JEDI KNIGHT TRAINING** at Chester Public Library (3 Chester St., Chester, 887-3404, [chesterlibrary.com](http://chesterlibrary.com)), on Sat., June 21, at 2 p.m. Boston-based children's entertainer Jungle Jim will be performing a balloon show for boys and girls to enjoy. The event is free and open to the public, and will be held in the library's multi-purpose room.
- **THE KIDZONE** at the Granite State Music Festival (Kiwanis River Front, Concord, 534-3592, [gsmfest.org](http://gsmfest.org)), on Sund., June 22, from 12:30 to 6 p.m. The event will include yo-yo demonstrations, dress-up and story-telling, tie-dyeing and much more. Included in the price of admis-

sion; children 9 and under get in free, children 10 and up receive half off admission.

- **VIDEO GAME DESIGN WORKSHOP** on Wed., June 25, from 3 to 4:30 p.m. at Pollard Memorial Library (401 Merrimack St., Lowell, Mass., 978-674-1542, [pollardml.org](http://pollardml.org)). Registration is required. Signup begins June 9.
- **4TH ANNUAL TOUCH A TRUCK** hosted by the Candia Community Woman's Club at the Henry W. Moore School (12 Deerfield Rd., Candia, 483-2251), on Sat., June 28, from 10 a.m. to 2 p.m. Kids can get behind the wheel of a variety of trucks, honk their horns and meet the men and women who drive them. Admission is \$5 per person, \$20 per family. For more information, visit [candiawoman-sgroup.org](http://candiawoman-sgroup.org).
- **SIGN LANGUAGE WORKSHOP** for kids ages 8 through 16 with Concord Parks and Recreation (Concord, 225-8690, [concord-parksandrec.com](http://concord-parksandrec.com)) with instruc-





# THE GREAT OUTDOORS

Merrimack Parks and Recreation (116 Naticook Road, Merrimack, 882-1046) will be featuring a Level 1 Archery Instructor Training course at Wasserman Park on Saturday, June 28, from 9 a.m. to 6 p.m. and Sunday, June 29, from 9 a.m. to 1 p.m. The course will be taught by the New England School of Archery and will feature a variety of topics including range safety, range set-up, basic equipment set-up and repair and how to teach the basic steps of shooting. The cost is \$125 and the deadline to register is Friday, June 20.

tor Karen Braz, on Mon., June 30 through Thurs., July 3, from 9 to 11:30 a.m. \$70 for Concord and Penacook residents, \$80 for non-residents. For more information, call the Parks and Rec Department.

• **4TH OF JULY CELEBRATION** at Pollard Memorial Library (401 Merrimack St., Lowell, Mass., 978-674-4120, mvlc.org) on Mon., June 30, at 10:30 a.m. with stories, games and a patriotic craft to make and bring home. Children in kindergarten and older are welcome to attend. Signup begins June 24.

• **SUMMER SCRAPBOOKING** for kids on Wed., July 2, from 3 to 4:30 p.m. at Pollard Memorial Library (401 Merrimack St., Lowell, Mass., 978-674-1542, pollardml.org). Registration is required. Signup begins June 25.

• **MERRIMACK ROTARY FAMILY FUN DAY** on Fri., July 4, from noon to 8 p.m. at the Upper Elementary School (O'Gara Drive, Merrimack, merrimack4th.com). There will be vendors, chalk art, live demonstrations and entertainment, crafts, a Merrimack police dunk tank and more.

## Arts

• **LITTLE RED RIDING HOOD** performed by the Jean's Playhouse Children's Theatre company at the Silver Center for the Arts (114 Main St., Plymouth, plymouth.edu/silver-center/), on Thurs., June 26, at 2 p.m. College-aged theater troupe offers Summer Children's Theatre shows based on fairy-tale classics that are fun for the whole family. Tickets cost \$7. For more information, call 800-779-3869 or 535-2787.

• **RUMPELSTILTSKIN** performed by the Jean's Playhouse Children's Theatre company at the Silver Center for the Arts (114 Main St., Plymouth, plymouth.edu/silver-center/), on Thurs., July 3, at 2 p.m. College-aged theater troupe offers Summer Children's Theatre shows based on fairy-tale classics that are fun for the whole family. Tickets cost \$7. For more information, call 800-779-3869 or 535-2787.

mation, call 800-779-3869 or 535-2787.

## Nature

• **FAMILY HERB GARDENING WORKSHOP** at the Children's Museum of NH (6 Washington St., Dover, childrensmuseum.org) on Sat., June 21, at 10:15 a.m. Children and adults can learn to plant, identify and taste fresh herbs in the garden beds behind the museum. Part of the annual "Anyone Can Grow Food" program, the workshop is free, but registration is required. For more information or to register, call 742-2002.

## Ongoing activities

• **ANIMALS AND ME** at Meredith Public Library (91 Main St., Meredith, 279-4303, meredithlibrary.org), Wednesdays, from 9:45 a.m. or 1 p.m. For ages 3 to 5. Learn about animals with stories and crafts to help expand vocabulary.

• **AMERICAN GIRL CLUB** at Barnes & Noble (1741 S. Willow St., Manchester, 668-0022) on Mondays at 6:30 p.m. All are welcome. Bring your American Girl doll.

• **BECK'S ART EXPRESS** offers children's art parties and art education (141 Amherst St., Nashua, 889-1670, artsexpressnh.com).

• **BOOKS AND BABIES** for ages 1 and 2 meets every Thursday at 11 a.m. at the Rodgers Memorial Library (194 Derry Road, Hudson, 886-6030, rodgerslibrary.org). Registration is required.

• **BOOK BANTER** for grades 3 through 5 meets every Wednesday at 4 p.m. at the Rodgers Memorial Library (194 Derry Road, Hudson, 886-6030, rodgerslibrary.org). Registration is required.

• **BOOK BUNCH** for kindergarten through second grade meets every Thursday at 4 p.m. at the Rodgers Memorial Library (194 Derry Road, Hudson, 886-6030, rodgerslibrary.org). Registration is required.

• **FAMILY BOOK CLUB** at the Wilton Public and Gregg Free Library (7 Forest Road, Wilton, 654-2581, wiltonlibrarynh.org) for 6- to 8-year-olds on the first Wednesday of the month, at 5:30 p.m. Registration is required. Pick up the book at library then meet to discuss the story. There will be crafts and snacks.

• **CELEBRATE SPANISH** at the Arlington Street United Methodist Church (63 Arlington St., Nashua, 521-0138) on Wednesdays, 10 to 11 a.m. Participate in activities conducted in Spanish. Spanish speakers are encouraged. Activities are available for preschool to middle school-aged students. Admission is free.

• **CLASSES FOR SPECIAL NEEDS CHILDREN** at the Nashua YMCA (24 Stadium Drive, Nashua, 882-2011) and the Merrimack YMCA (6 Henry Clay Drive, Merrimack, 881-7778). Classes are available ages 5 to 12 and include swim lessons, music classes, tumbling classes, Uniquely Fun Sports, dance classes and art classes.

• **CONCORD BOYS & GIRLS CLUB** (55 Bradley St., Concord, 224-1061, concordkids.org) offers after-school programs ages 6 to 18. There are also programs in Suncook and Hopkinton along with fall and winter basketball. Applications for after-school programs are on the website.

• **CRAFT EXTRAVAGANZA** at Tucker Free Library (31 Western Ave., Henniker, 428-3471, tuckerfreelibrary.org) every Thursday at 3:15 p.m. for grades K to 2.

• **THE CREATIVE CONVERSATION** at the Trumpet Gallery (8 Grove St., Peterborough, 924-9862, 891-9099) every Wednesday, 3 to 5 p.m. Kids are invited to visit the gallery to draw.

• **CREATIVE CRAFT CLASSES** at Nashua Public Library (2 Court St., Nashua, 589-4600, nashuapubliclibrary.org) Thursdays at 4 p.m. For ages 6 to 10. Register online at tinyurl.com/nplkid for up to three of six options.

• **DUNGEONS AND DRAGONS CLUB** at the Hollis Social Library (2 Monument Square, Hollis, 465-7721, hollislibrary.org) on the second and fourth

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# IN/OUT THE GARDENING GUY

## Spring lawn care

### How to grow a lush lawn

By Henry Homeyer  
[listings@hippopress.com](mailto:listings@hippopress.com)

I love lawns. Not big lawns, and they don't need to be pure Kentucky bluegrass, either. I love a little bit of mowed green that has some grass and clover; it can have a few dandelions or bluets or violets, too. I can live with Creeping Charlie (also called ground ivy or by its scientific name, *Glechoma hederacea*). Overall my philosophy is this: if it's green and you can mow it, it's a lawn. Only thistles and other sharp things need to be dug out — but never nuked with chemicals.

Despite that philosophy, people often remark on how lush and thick my lawn is, and how nice it feels underfoot. Having a nice lawn is easy if you follow a few simple rules.

First, stop worrying about it. And certainly never add any chemicals to it. Weed-'n'-feed formulas not only kill off the broad-leaved plants like dandelions, they also diminish the biological activity in the soil. I want a healthy soil full of microbes (including bacteria and fungi) and know that many microbes are killed or adversely affected by chemicals.

Chemical fertilizers are made of salts of nitrogen, phosphorus and potassium. These have the ability to dry out and kill microbes. And of course if your product includes chemicals for killing moss, weeds, fungi or insects, all those chemicals add to the killing power. Your soil cringes when you load up the spreader with weed-'n'-feed.

If you want to have a good healthy lawn, you need good healthy soil. It needs about 6 inches of reasonably good soil that drains well (so as not to drown the lawn grasses) but is not so sandy that it dries out in an afternoon. Cut and peel back a 1-foot square piece of sod after a rainstorm, and look at the soil. Grab a handful of soil. Does it form a cylinder in your hand when you squeeze it, and hold its shape when you open your fingers? If so, you have clay, or a clay-based soil.

If you perform the squeeze test on sandy soil, it will crumble apart when you open your fingers. When you rub the soil between your fingers, you will feel sharp grains of sand. But if you have a nice loam, the soil will be dark and the cylinder will fall apart if you touch it with a finger.

If you are not happy with your lawn, I suggest getting your soil tested. The Extension Service in most states will have online instructions on how to take a soil sample and where to send it. Some garden centers have kits for sale. Find out what kind of soil you have, what it needs, and if your soil pH is in the right zone.

Soil pH is a measure of how acidic or alkaline your soil is. Lawns do best when the soil pH is near neutral (which is 7.0) or slightly



Clover and Dandelions are not all bad.JPG

acidic. Our rain is acidic, and neglected soils — including most lawns — have soil that is pretty acidic. You can fix this easily by adding limestone to the lawn, and a pH test will tell you how much to add to balance it out. If your soil is too far from neutral, some soil minerals will become unavailable to the grass plants, even if the minerals are there. You can add limestone at any time, though most lawn experts recommend the fall so that it will have time to do its work before spring growth begins.

The other additive that helps an anemic lawn is compost or organic matter. Good crumbly compost can be flung around the lawn with a shovel and then raked out to provide even coverage. Doing that now would help. Earthworms in a healthy lawn will be more than willing to eat that compost and then excrete the nutritious ingredients into the soil.

Earthworms, fungi and bacteria will also help you improve your lawn by breaking down your grass clippings. Those clippings will add organic matter and enrich your soil. So cut your lawn regularly — avoiding a thick layer of clippings that needs to be bagged or raked.

Lawn height is critical for a good, easy-care lawn. Get out of the golf course mindset. This is a lawn, not a putting green! I set my mower, generally, one notch down from the highest setting. Right by the front door I keep it a little shorter at times.

Why keep your lawn long? Your lawn is made of millions of plants, and each one can only create a healthy root system if you let it have enough blade to create its own food by photosynthesis. Too short? The roots will be stunted, and the lawn will not be healthy. And the taller the grass, the more it can shade out annual weeds and crabgrass.

Think about it: If there were daffodils that we could mow down only to have them bloom again, we would pay big bucks for them. But call those yellow flowers dandelions, and it's war. I hope you'll re-think your position about lawn chemicals if you're in the weed-'n'-feed school. Diversity of plant types in the lawn helps to create a lush, lovely green space.

Henry Homeyer lives and gardens in Cornish Flat. His website is [henryhomeyer.com](http://henryhomeyer.com). Email him at [henry.homeyer@comcast.net](mailto:henry.homeyer@comcast.net).


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## LEARN TO SHOP

So You Think You Know How To Shop? Learn fun and interesting information about grocery shopping at the Nesmith Library (8 Fellows Road, Windham, 432-7154, swilliams@nesmithlibrary.org), on Tuesday, June 24, at 5 p.m. The event welcomes grocery shoppers of all ages to swap stories or good shopping techniques, break bread and drink coffee.

Learn helpful hints and tips on how to buy effectively and how to entertain and educate your kids about purchasing. Registration is required.

Mondays of the month, 4 to 5 p.m. Receive an introduction to Dungeons and Dragons.

• **DUNGEONS AND DRAGONS PLAYERS UNITED** at the Wilton Public and Gregg Free Library (7 Forest Road, Wilton, 654-2581, wiltonlibrarynh.org) every Thursday, 3 p.m. All ages are welcome to join in with a group of Dungeons and Dragons fans.

• **EXPLORING OUR WAY AUTISM PROGRAM** at the Children's Museum of New Hampshire (6 Washington St., Dover, 742-2002, childrensmuseum.org) meets on Sundays during the school year, 10 a.m. to noon. The program provides an opportunity for children on the autism spectrum and their families to explore the museum with support from museum staff and volunteers.

• **FIRST FRIENDS PLAY GROUP** at Children's Museum of NH (6 Washington St., Dover, 742-2002, childrensmuseum.org) runs every Wednesday 9:30 to 11 a.m. Parents and their children ages 6 to 24 months are invited to come and play. This drop-in program is free for museum members; non-members pay regular admission.

• **FIZZ, BOOM, READ** at Pelham Public Library (24 Village Green, Pelham, 635-7581, pelhampublibrary.org). This six-week summer reading program will explore all things scientific. The first week is "Popsicle Week", where attendees will receive a free popsicle. Call the library or visit their website for the days and times for each age group.

• **FRIDAY AFTERNOON MOVIES** at West Manchester Community Library (624-6550) every Friday at 3 p.m.

• **FRIDAY FAMILY MOVIES** at Hollis Social Library (2 Monument Square, Hollis, 465-7721, hollislibrary.org) on the first Friday of the month at 5:15 p.m. Bring a potluck dish to share.

• **GIRL SCOUTS** of the Green and White Mountains, for girls ages 5 to 17. Make friends, take action, and have new and exciting experiences. See girlscount-

sgwm.org or call 888-474-9686 to find a troop in your area.

• **GREATER MANCHESTER YMCA** (Manchester, Goffstown, Londonderry and Rochester, 623-3558, graniteymca.org) provides childcare for preschool through school-age children. Programs include before and after school care, vacation camps, teen centers, and summer camps.

• **GREATER NASHUA YMCA** (6 Henry Clay Drive, Merrimack, 881-7778, and 17 Prospect St., Nashua, 882-2011, nmymca.org) offers an after-school program for children in grades 1 through 6.

• **HOMEWORK HELP** for free at the Connection Center (280 DW Hwy, Merrimack, 670-8504, connectioncenter.org) every Friday, from 3 to 5 p.m.

• **INK BUDDIES** for grades 2 through 5 meets every Tuesday at 4 p.m. at the Rodgers Memorial Library (194 Derry Road, Hudson, 886-6030, rodgerslibrary.org). Registration is required.

• **LEGO BRICK CLUB** for ages 5 through 12 meets every Friday at 4 p.m. at the Rodgers Memorial Library (194 Derry Road, Hudson, 886-6030, rodgerslibrary.org). No registration.

• **LEGO CLUB** in the auditorium of Concord Public Library (45 Green St., Concord, 225-8670, concordnh.gov), second Thursday of each month, 3:30 to 4:30 p.m. Each month participants will be given a new building challenge; designed for grades K through 8. Registration is not required.

• **LEGO CLUB** at Wilton Public and Gregg Free Library (7 Forest Road, Wilton, 654-2581, wiltonlibrarynh.org), first and third Friday of the month at 3:30 p.m. For ages 6 and older. Build your own Lego project.

• **LEGO PARTY** at Wadleigh Memorial Library (49 Nashua St., Milford, 673-2408, wadleighlibrary.org) on the third Thursday of the month, from 4 to 6 p.m. Visit the library to build your own creations from legos.

• **LEGOS** at Meredith Public

Library (91 Main St., Meredith, 279-4303, meredithlibrary.org), every Tuesday and Thursday, 5 to 7:30 p.m. The library will provide a box of Legos to build with.

• **LUNCH BUNCH** for kindergarten's meets every Wednesday from 11:45 a.m. to 12:45 p.m. to sing songs, listen to stories and do crafts at the Pelham Public Library (24 Village Green, Pelham, 635-7581, pelhampublibrary.com). Bring lunch.

• **MAD SCIENCE AFTER-SCHOOL PROGRAMS** at Riddle Brook School (230 New Boston Road, Bedford, 472-5242, bedfordreonline.com) include a science explorers program for kindergarten and first grade and a FUN-damental science program for grades 2 through 6.

• **MAJESTIC ACADEMY OF DRAMATIC ARTS** offers classes at the Majestic Theatre (922 Elm St., Manchester, 669-7469, majestictheatre.net) for ages 4 to 12 and teen classes for ages 15 and older. Classes include acting, dance and other theater skills.

• **MANCHESTER BOYS & GIRLS CLUB** (555 Union St., Manchester, 625-5982 or 625-5031, mbgcnh.org) offers after-school programs in various locations in Manchester, including the Keystone Club and homework help.

• **MINECRAFT FOR KIDS** ages 6 through 12 meets every Thursday at 6 p.m. at the Rodgers Memorial Library (194 Derry Road, Hudson, 886-6030, rodgerslibrary.org). No registration.

• **MONKEY TRUNKS EXTREME AERIAL ADVENTURE PARKS** are high ropes and zip line courses with low ropes options for younger children (579 Endicott St. North, Laconia, and 1853 Chocorua Mountain Highway, Chocorua). Visit monkeytrunks.com.

• **MOTHER-DAUGHTER BOOK CLUB** at Hollis Social Library (2 Monument Square, Hollis, 465-7721, hollislibrary.com) on the third Wednesday of each month, 7 p.m. For girls

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# Idling may not hurt the car, but it does hurt the environment



Dear Tom and Ray:

I've been a school psychologist since 1978, and my assignment has changed somewhat during that time, so it has given me some experiences in several different school buildings.

In my current assignment, half an hour before the end of the school day, parents begin parking in a row outside the front door of the school buildings and sit in their cars, with the engines running, until dismissal. I won't embarrass people in this district by reporting the name, but the ZIP code is 50548. I laughed at their poor judgment and wasted gas. If Wiki-answers is right about an average idling car using 0.8 gallons per hour, they are spending \$256.96 over the course of 180 school days, at current gas prices. Then I came home and told my husband about it. He's retired and goes out for coffee three mornings a week. He told me that he drives to the coffee shop over an hour before it opens so he can sit in his favorite parking spot and listen to his favorite CDs on his truck's CD player. Those parents running their cars outside the school buildings look like wise

decision-makers by comparison. Does idling a Toyota Tacoma for over an hour at a time hurt the engine? — Ann

RAY: I think the Wiki-answers estimate is high, Ann. I'd guess an idling car uses closer to a quarter of a gallon an hour. Maybe a third.

TOM: But that's still throwing away a dollar an hour just to sit there. Not to mention the five or 10 pounds of carbon dioxide you're adding to the environment during that time.

RAY: Unfortunately, we can't help you by claiming that it's bad for the car — the car really doesn't care. In fact, as long as the cooling system is functioning properly, idling is pretty easy on the car; the engine's not working hard, and the rest of the car is just sitting there.

TOM: So it's really an environmental and economic issue. If your husband is not motivated by either of those — or those issues are overridden for him by the pleasure he gets from his car stereo and alone time — you may be out of luck.

RAY: In terms of the school, though, you might want to suggest a "no idling" policy. Lots of states and municipalities have implemented such policies, and a school seems like a particularly good place to do it.

TOM: By sitting there idling for half an hour, not only are the parents contributing to global warming — a problem their kids will have to live with — but they're adding pollution to the immediate school environment, where, presumably, kids are playing and learning.

RAY: Or, playing and not learning, in the case of my kids.

TOM: So you might want to start a movement at your school, and see if they'll set a policy and put up some signs along the curb requiring parents to shut off their engines while they wait.

RAY: And let your husband know that you've heard there's a new invention that might interest him. It's called "indoors." And he might want to avail himself of it.

TOM: Although from his point of view, the great indoors has two serious disadvantages: It probably doesn't have as good a sound system as his truck. And, even worse, when you're indoors, you sometimes have to interact with other human beings. I'm guessing that's a deal-breaker for him, Ann.

Dear Tom and Ray:

My car has almost 80,000 miles on it. It's a 2005 VW Jetta 1.8T GLI. It's been a great, reliable car, but I've been having a lot of trouble with the front-end suspension: I get a horrible wobble in the front end. It transmits through the steering wheel and feels like the wheels are wobbling very quickly, but only under braking. It is much worse under heavy braking, but it still exists even under light braking. I've replaced my tie rods after finding a little play in them, and I've checked my CV joints and axles, and they all looked good. The ball joints seem OK. The struts and strut mounts were replaced, and the car has brand-new tires that were balanced and aligned. When I replaced the tie rod, the shaking went away temporarily, but it's back worse than ever now. I'm getting really frustrated with this, and the car feels dangerous to drive. Any help would be appreciated. Thanks! — Brian

TOM: Brian, you've checked everything except the one thing that is most likely to be causing the problem.

RAY: Do you think he considers that good news or bad news? On the one hand, he's about to get the answer. But on the other hand, he's about to realize he just wasted several months and a bunch of money looking in all the wrong places.

TOM: I'm pretty sure he knows that already!

RAY: You almost certainly have warped brake discs, Brian. Your brake pads "grab" the disc from either side when you step on the brake. And if the disc is not perfectly smooth, the uneven spots will push back against the pads and make the brake pedal pulse, and/or make the steering wheel wobble.

TOM: And if we're right, it's not dangerous in the sense that a wheel is going to fall off soon. But it is dangerous in that it extends your stopping distance. And that can be serious, depending on the gross vehicle weight of the truck that's stopped in front of you.

RAY: So it should be fixed right away. And the other thing to check is your control-arm bushings. If you had a slightly warped disc and worn-out control-arm bushings, that slight pulsation you got from the disc could get magnified by a weak bushing and cause this kind of wobbling, too.

TOM: So now you know what to do, Brian: Replace the discs (I would not recommend trying to resurface them, in this case) and check those bushings.

RAY: And if that doesn't solve the problem, don't write back, because then we'll be out of ideas, too.

Visit [Cartalk.com](http://Cartalk.com)

in grades 5 through 8 and their mothers. Attendees are requested to bring a potluck dish.

• **MOTHER GOOSE** Wilton Public Library (7 Forest Road, Wilton, 654-2581, [wiltonlibrary.org](http://wiltonlibrary.org)) will hold Mother Goose on the Loose, a literacy program for children on Wednesdays mornings from 9:30 to 10 a.m.

• **NO-BAKE COOKING** Wilton Public Library (7 Forest Road, Wilton, 654-2581, [wiltonlibrary.org](http://wiltonlibrary.org)) will teach children ages 8 and up a different recipe on the first and fourth Tuesday of the month at 3:30 p.m. Registration is required.

• **NASHUA BOYS & GIRLS CLUB** (47 Grand Ave., Nashua,

883-0523, [bgcn.com](http://bgcn.com)) offers programs for ages 5 to 18. Transportation is available from all Nashua schools to the Boys & Girls Club along with after-school programs at area schools. The website has a full listing of programs.

• **PAINT PARTY** (63 Range Road, Windham, 912-5441,

[paintpartynh.com](http://paintpartynh.com)) offers programs for children and teenagers on Saturdays, 10 to 11:30 a.m. and 3 to 4:30 p.m. All paintings will be completed in a single session. Cost is \$25.

• **PAWS FOR PAGES** Concord Public Library (45 Green St., Concord, 225-8670, [concordnh.gov](http://concordnh.gov)) on the first and third Thursdays, 3:30 to 5 p.m., and the second and fourth Wednesdays, 3:30 to 5 p.m.

• **PAWS TO READ** at the Wilton Public Library (7 Forest Road, Wilton, 654-2581, [wiltonlibrarynh@gmail.com](mailto:wiltonlibrarynh@gmail.com)) on the third Thursday of each month, at 3:30 p.m. Children can read to Caro, the therapy dog, for 15 minutes. Registration guarantees a spot but drop-ins are also welcome.

• **PAPER CRAFT** at the Wilton Public and Gregg Free Library (7 Forest Road, Wilton, 654-2581, [wiltonlibrarynh.org](http://wiltonlibrarynh.org)), third Wednesday of the month at 3:30 p.m. For ages 8 and older, a dif-

ferent paper craft each month.

• **PLAY DOUGH PLAY TIME** at Kalily Studio (22 Huckins Road, Epsom, 783-6065, [kalilystudio.com](http://kalilystudio.com)) Saturdays, 10 a.m. to noon. \$5 per child drop in rate.

• **SOUHEGAN VALLEY BOYS & GIRLS CLUB** (56 Mont Vernon St., Milford, 672-1002, [svbgc.org](http://svbgc.org)) offers after-school for 6 to 18-year-olds along with before-school program for elementary students.

• **SWEET SATURDAYS** at Meredith Public Library (91 Main St., Meredith, 279-4303, [meredithlibrary.org](http://meredithlibrary.org)), Saturdays, 10 a.m. to noon. Create art and learn art concepts.

• **TAIL WAGGING TUTOR** for all ages meets on Saturdays, from 1 to 4 p.m. at the Rodgers Memorial Library (194 Derry Road, Hudson, 886-6030, [rodgerslibrary.org](http://rodgerslibrary.org)). Register for a 30 minute slot online.

• **TUESDAYS WITH STORIES** at Pelham Public Library

(24 Village Green, Pelham, 635-7581, [pelhampubliclibrary.org](http://pelhampubliclibrary.org)) on the second Tuesday of the month, from 3:30 to 4:30 p.m. For grades 2 to 4, visit the library for a book and an activity.

• **TUESDAYS WITH WEEZER** at the Wilton Public and Gregg Free Library (7 Forest Road, Wilton, 654-2581, [wiltonlibrarynh.org](http://wiltonlibrarynh.org)) on the second and fourth Tuesday of the month, at 3:30 p.m. For ages 8 and up, learn no-bake cooking. Registration is required.

• **WII FRIDAY** at Hollis Social Library (2 Monument Square, Hollis, 465-7721, [hollislibrary.org](http://hollislibrary.org)), every Friday, from 2:30 to 4:45 p.m. Games and snacks will be provided, but kids in grades 3 and up are invited to bring their own.

• **WII WEDNESDAY** at Wilton Public and Gregg Free Library (7 Forest Road, Wilton, 654-2581, [wiltonlibrarynh.org](http://wiltonlibrarynh.org)), fourth Wednesday of the month



## EDUCATED EATING

Get well soon at the Summer Solstice Wellness Fair at the Derry Medical Center (14 Tsienneto Road, Derry, 537-3033, [derrymedicalcenter.com](http://derrymedicalcenter.com)), on Thursday, June 19, from 5 to 7 p.m. Attendees can watch cooking and exercise demos, tour the house gym, meet doctors and nutritionists to discuss dietary and exercise plans, and much more. There will also be free food, raffles and giveaways. The event is free and open to anyone who wants more information on how to live a healthier lifestyle and make better food choices.





## BE A PIONEER

Find out what it takes to survive in the great outdoors at the Mt. Kearsarge Indian Museum (18 Highlawn Road, Warner, indianmuseum.org) during its program, Pioneer Skills: An Introduction to Survival and Camping, on Saturday, June 21, from 2 to 5 p.m. Essential camping skills will be covered including fire-building, rigging tarp shelters, water purification methods, basic compass skills and much more. The workshop is recommended for anyone

15 or older. The cost is \$25 for Museum members, \$35 for non-members, and the price includes food and supplies. Proceeds will benefit The Little Nature Museum. Enrollment is limited. Call 746-6121 to register.

at 3:30 p.m. For grades 5 and up, Wii and board games will be available for an afternoon of play.

• **YWCA OF MANCHESTER** (72 Concord St., Manchester, 625-5785, ywcanh.org) offers Peer Action Changing Tomorrow, a 10-week YWCA teen leadership and education program that empowers teens to become resources and consultants to peers about sexuality and health concerns, and Girls Circle, a safe and fun place for girls to get away from all the difficult things they deal with from day to day. It also offers an after-school program for girls 6 to 13.

### Craft Fairs/Exhibits

• **SUMMER SOLSTICE CRAFT FESTIVAL** at the Kingston Plains (150 Main St., Kingston, castleberryfairs.com) on Sat., June 21, from 10 a.m. to 5 p.m. and Sun., June 22, from 10 a.m. to 4 p.m. Admission is free.

• **17TH ANNUAL OUTDOOR SCULPTURE EXHIBIT** at Mill Brook Gallery (236 Hopkinton Rd., Concord, 226-2046), from Sun., June 22 to Sun., Oct. 26. The gallery opens with an artists reception from 2 to 4 p.m. The event is free and open to the public.

• **PRE 4TH OF JULY CRAFT FAIR** at The Tanger Outlets (120 Laconia Road, Tilton) on Sun., June 29, at 10 a.m. There will be over 80 exhibitors with a variety of arts and crafts that include glass art, metal art and even gourmet dips. Admission is free.

### Health and Wellness Workshops, seminars & events

• **SUMMER SOLSTICE WELLNESS FAIR** at Derry Medical Center (14 Tsienneto Rd., Derry, 537-3033, derry-medicalcenter.com), on Thurs., June 19 from 5 to 7 p.m. The event will feature activities such

as cooking and exercise demos, food sampling, a gym tour and much more. Free food, raffles and giveaways are also available. The event is free and open to the public.

• **FED UP** will be screened at Derry Five Star Cinemas 12 (10 Ashleigh Dr., Derry), on Tues., June 24, from 6:30 to 8:30 p.m. Hosted by the Derry Medical Center, the film analyzes the obesity epidemic of the past several decades followed by an opportunity for a Q&A with medical providers. The event is free and open to the public.

• **JOINT REPLACEMENT EDUCATION CLASS** at St. Joseph Hospital (172 Kinsley St., Nashua, 595-3168, stjosephhospital.com/classes) on Thurs., June 26, July 24 and Aug. 28, from 3:15 to 4:15 p.m. Learn about procedures and their benefits.

• **NEW TO MEDICARE WORKSHOP** with Service-Link Resource Center of Rockingham County on Mon., July 7, from 1:30 to 4 p.m. at the Plaistow Public Library (85 Main St., Plaistow, 893-9769). Registration is required.

• **GREEN & CLEAN** The Concord City Council Chambers (37 Green St., Concord, 225-6840, concordfoodcoop.coop/classes) will hold a free class on how to avoid toxic cleaning products

on Tues., July 8, from 6 to 7:30 p.m. Registration is required.

### Blood drives

• **RED CROSS BLOOD DRIVE** at the Red Cross (425 Reservoir Ave., Manchester, 800-733-2767, redcrossblood.org), on Sat., June 21, from 7:30 a.m. to 12:30 p.m. Donate blood and enjoy barbecued breakfast sandwiches by the men from MDI and raffle tickets for Red Sox tickets, Fisher Cat tickets and other discount coupons.

• **AMERICAN RED CROSS BLOOD DRIVES** Call 1-800-RED-CROSS or visit redcrossblood.org for dates, times, locations and to schedule an appointment.

### Exercise/Fitness

• **BEDFORD RECREATION DEPARTMENT** (24 N. Amherst Road, Bedford, 472-5242, bedfordreonline.com) offers programs for adults and seniors including sports, arts, cooking, fitness classes and more.

• **CARDIO BOOTCAMP RHT** Martial Arts (68 N. Stark Hwy., Weare, 529-5425, nhkick.com).

• **CONCORD PILATES** (2½ Beacon St., Concord, 568-7190, concordpilates.com) Increase your core strength. All skill levels are welcome. Drop-in fee is \$18.

• **DYNAMIC STRENGTH AND FITNESS** (115 Northeastern Blvd., Nashua, 882-2348, dynamicssc.com) offers trainers and coaching in strength.

• **FIERCE 4**, a fitness class, will run on Wednesdays, at 6 p.m. with the Bedford Parks and Recreation (24 N. Amherst Road, Bedford, 472-5242, bedfordreonline.com).

• **FIT IT IN FITNESS** (4 Townsend West, Nashua, 589-9747, fitittraining.com) offers coaching for groups or individuals and nutrition information.

• **FITNESS HIKING WITH YOUR DOG** at Beaver Brook Association (117 Ridge Road, Hollis, 465-7787, beaverbrook.org) Wednesdays, 9 to 11 a.m. Dogs that are well socialized, up to date on the rabies vaccine and on a non-flexi lead are invited to take part in this hiking program with other dogs and owners. Cost is \$50.

• **FIT TO BE TONED** (200 Elm St., Manchester, 505-0048, fittobeton.com) offers a bootcamp class with kickboxing into a fitness routine including core training, squats, lunges and leg conditioning.

• **FUNCTIONAL GROUP EXERCISE CLASSES** held at SNHU Athletic Complex (2500 North River Road, Manchester) with Total Human Performance (402-9196, thpnh.com) through-

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# Don't break a leg

## Decreasing the risk for osteoporosis

By Joel Bergeron  
listings@hippopress.com



Have you ever asked a friend if they've broken a bone? You may recall jumping out of a tree that was a little too high, or falling off the jungle gym at recess, leading to a quick trip to the hospital. As a kid, having our friends sign our cast might have been fun. But as adults, the thought of a broken bone is something we all would rather avoid.

Our skeletal system continues to grow and increase in density up to about the age of 23. After that, we lose a small percentage of skeletal mass each year we age. By the time we're into our 60s, 70s and 80s, the bones can become so brittle that a simple fall on the ground can result in a broken hip or arm. Losing mobility later in life can spell health disaster too, so how can we avoid this?

It's important to understand that no matter what we do, we're going to lose some bone mass through the normal aging process. What we do have a high degree of influence over is the rate of loss. The trick is to build our bones up while they are still growing so that when we start losing bone mass, it is from a bigger starting point.

It's sort of like taking sips of water out of a glass. Eventually you're going to finish it off, but starting with a larger cup means it should take longer to run out. Except in this case, we don't want our bones to fold like an accordion.

During puberty and normal maturation (ages 10-23), regular physical activities such as sports or resistance training are extremely important. Specifically, strength training has a direct correlation to bone density. The more regularly you lift weights, the stronger your bones become.

Balanced nutrition also plays a large role. Bones contain large quantities of calcium and collagen. Make sure you regularly have



calcium in your diet, whether from a dairy product or supplement. Consuming protein also has positive implications, but don't worry about supplementing with protein powder. Eating a normal diet is enough.

Once you're in adulthood, regular load-bearing activity coupled with a healthy diet are your best defenses against accelerated bone density loss. Cardiovascular activities such as swimming, biking and jogging aren't as effective as strength training two or three days per week. Choose exercise that load your entire body, such as squats, deadlifts, pullups or leg presses. The idea is to load the spine, hips and long bones of the body regularly.

By maintaining a balanced, active lifestyle and consuming a well-rounded diet filled with calcium, we slow down the aging process so that our quality of living stays high into the golden years.

*Do you have a question about health and fitness that you'd like answered in The Healthy Hippo? Email Joel Bergeron at inf@nlpstrength.com. Joel is a former NCAA D1 and professional sports coach and holds a master's degree in sport science. Be sure to check with your doctor before changing your eating habits or embarking on a new exercise program.* 🐾

out March and April on Mondays, Wednesdays, and Fridays, at 5:55 a.m., 6:55 a.m. and 7:55 a.m. The proper exercise form is coached in fun, non-intimidating group classes for all abilities. Pricing runs \$99 a month with no contract.

• **GET FIT NH BOOT CAMP** has two studios (167 New Orchard Road, Epsom; 287 S. Main St., Concord, 344-2651, getfitnhbootcamp.com). Offers classes Mondays, Tuesdays, Thursdays and Fridays, including ladies-only classes. Sessions run for four consecutive weeks.

• **GENTLE NIA** The Holis-

tic Self Care Center (12 Murphy Drive, Nashua, 883-1490, thehscenter.com), Mondays, from 5:15 to 6 p.m. Nia is a sensory-based movement lifestyle that leads to health, wellness and fitness and draws from disciplines of the martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit.

• **JAZZERCISE** at the Manchester Jazzercise Fitness Center (32 Hayward St., Manchester, 624-9122, jazzercise.com, manchjazz@gmail.com) features 47 classes per week, including

Jazzercise, Lite, express, body sculpting and Junior Jazzercise. Classes are available for all ages and fitness levels.

• **JAZZERCISE** the Southern NH Jazzercise (28 Lowell Road, Hudson, 880-0887, jazzercise.com), offers 33 weekly classes in Jazzercise and body sculpting.

• **THE MASALA BHANGRA WORKOUT** at Zev's Yoga Studio (16 Market Square, Portsmouth, Dover, Exeter, 938-6384, zevyoga.com) open to all ages and ability levels. Admission is \$15 for drop-ins or \$25 per month for unlimited classes.



## STARS AND STRIPES

Enjoy dinner, a live auction and complimentary wine and beer at the Star-Spangled Summer Picnic and Auction at Canterbury Shaker Village (288 Shaker Road, Canterbury, 783-9511, shakers.org), on Wednesday, June 25, at 5:30 p.m. Attendees can partake in the "Let Freedom Ring Tour," which will commemorate the 51st anniversary of MLK's "I

Have a Dream" speech. The auction will include weekend getaways, food and entertainment packages, Red Sox Tickets, cultural tours, and handcrafted Shaker-inspired artisan pieces. Tickets cost \$75 per person or \$550 for a table of eight.

• **NLP ELITE ATHLETE DEVELOPMENT PROGRAM** Next Level Performance (31 S. Commercial St., Manchester, 627-7500, nlpsspeed.com) Offers classes strength, speed, agility, flexibility and injury prevention for athletes ages 11 and older on Mon., Wed., Thurs. and Fri.

• **NLP FITNESS BOOTCAMP** Next Level Performance (31 S. Commercial St., Manchester, 627-7500, nlpfitcamp.com) offers specific fitness instruction, nutritional coaching and training for improved quality of life. Thirty classes a week.

• **OUTDOOR FITNESS BOOT CAMP** Fitness on Wheels at the Goddard School (12 Tsienneto Road, Derry, 234-9669, goddardschool.com). Email tricia@fitnessonwheels.com for session dates and times.

• **ON THE MOVE FITNESS & CONDITIONING** (Londonderry, 289-3088, onthefit.net) offers an Extreme Fitness Boot Camp, a Women's Fitness Boot Camp, Boot Camp Basic and Team Fitness Boot Camp.

• **PILATES** by Deerfield Parks and Rec., Studio 59 at the George B. White Building (8 Raymond Road, 463-8811 ext. 305, townofdeerfield.com), on Wed. and Fri. at 10 a.m.

• **PILATES** at Concord Pilates (2 ½ Beacon St., Concord, 568-7190, concordpilates.com).

• **PILATES** Martial Arts (68 N. Stark Hwy., Weare, 529-5424).

• **PILATES NH** and Yoga (76 Route 101A, Amherst, 562-7525). Classes will be held Tuesdays 6 to 7 p.m. and Mondays 8:15 to 9:15 a.m.

• **RTH MARTIAL ARTS AND WELLNESS** (68 N. Stark Hwy., Weare, 529-5425, nhkick.com), offers health and wellness classes including zumba, yoga, pilates, yang tai chi chuan and more.

• **SAGE WELLNESS CENTER AND SPA** (175 Barnstead Road, Pittsfield, 435-7711, sagewellnesscenterandspa.com), offers massage therapy, yoga, pilates, acupuncture, chiroprac-

tic, herbal consults, holistic health coaching, hypnotherapy and other health and wellness techniques.

• **SYMMETRY PILATES CENTER** (188 Route 101, Bedford, 657-9094, symmetry-pilatescenter.com) offers classes including Pilates core mat, Pilates total fitness reformer, TRX functional strength and core stability barre. Services include Thai yoga relaxation.

• **TOTAL HUMAN PERFORMANCE** The SNHU Athletic Complex (2500 N. River Road, Manchester) will hold exercise boot camp classes on Mon., Wed., Fri., at 5:55 a.m., 6:55 a.m. and 7:55 a.m. Class is for all abilities. Call 403-9196 or visit totalhumanperformance.com.

• **TOTAL IMAGE PERSONAL TRAINING** (83 Hanover St., Manchester, 860-6275, totalimagept.com), offers TI Surf among other fitness programs for adults and children. TI Surf will use SurfSet Fitness.

• **TRAINING EFFECTS NH** (Londonderry, 434-9281, trainingeffectsnh.com) offers group boot camp program to promote cardiovascular fitness, muscular endurance, flexibility and balance. Meets Friday at 9:30 a.m.

• **WELLNESS CENTER CLASSES** WellSpace New Hampshire, (633 Maple St., Hopkinton, 746-4626, wellspacenh.com) Offering fitness classes of all levels, tai chi for arthritis and qigong, strength training, boot camp, yoga, personal training, mindful meditation, children's dance classes and nutrition & weight loss programs.

• **YMCA ALLARD CENTER** (116 Goffstown Back Road, Goffstown, 497-4663, yogm.org) offers a wellness center with free weights, a state-of-the-art gymnastics center, indoor gymnasium, six lane indoor pool, teaching pool, outdoor pool, 4 indoor tennis courts, indoor climbing wall, and wellness for special populations such as wheelchair users. Group exercises classes include yoga,

pilates, Zumba, indoor cycling, and TRX.

• **YMCA OF DOWNTOWN MANCHESTER** (30 Mechanic St., Manchester, 623-3558, yogm.org) offers a wide variety of fitness, sports, and aquatics programs for the whole family. Our facility features a full-sized gym, four lane indoor pool for lap and recreational swimming, and two wellness centers with free weights. Group exercises classes include yoga, pilates, Zumba, indoor cycling, and TRX.

• **YMCA OF GREATER LONDONDERRY** (206 Rockingham Road, Londonderry, 437-9622, yogm.org) Weekly wellness classes offered such as aquatic exercise classes (seasonal in outdoor pool), indoor cycling, Zumba, pilates, boot camp, and yoga.

• **ZUMBA** Mon. and Tues. at 5:15 p.m., Thurs. at 12:25 p.m. and Sat., at 10:30 a.m. First class free, at Royal Palace Dance Studio (373 S. Willow St., Manchester, 621-9119, RoyalPalaceDance.com).

• **ZUMBA** at the Queen City Ballroom (21 Dow St., Manchester, 622-1500, queencityballroomnh.com) Mon., at 6:30 p.m. and Thurs., at 6:30 p.m. All experience levels are welcome and prior dance experience is not needed. Dance or cross training shoes are recommended. Classes are on a \$6 drop in rate.

• **ZUMBA GOLD** with Ginger Kozlowski on Tuesdays, Wednesdays and Thursdays, 6 to 7:15 p.m. Tuesday and Thursday classes at the old Bedford Town Hall (3 Meetinghouse Road, Bedford), Wednesday at Hooksett Town Hall (35 Main St., Hooksett). Classes cost \$7 at the door, with the first class free. Email apljacker@gmail.com or visit gingerk.zumba.com.

• **ZUMBA GOLD** on Tuesdays at 6:30 p.m. with the Bedford Parks and Recreation (Bedford, 472-5242, bedfordreonline.com).





## B-I-N-G-O

Support your local pets by participating in the Multi-Vendor Bingo Event hosted by the Humane

Society for Greater Nashua at the Polish American Citizens Club Hall (15 School St., Nashua, 557-6027, [vendoringojune21@gmail.com](mailto:vendoringojune21@gmail.com)), on Saturday, June 21, at 6 p.m. Traditional bingo will be played with prizes offered by various local vendors. There will also be raffles, a cash bar, pizza slices and baked goods for sale. All of the proceeds will be donated to the Nashua SPCA. The cost is

\$10 for 20 single-card bingo games, and \$20 for three cards per game. The event is for ages 18 and up.

### Miscellaneous

#### Bake/yard sales

• **4TH ANNUAL COMMUNITY YARD SALE** at Watson Park (441 Daniel Webster Highway, Merrimack, 494-5789, [merrimacknh.gov](http://merrimacknh.gov)) on Sat., June 21, from 9 a.m. to 2 p.m. Those interested in having a table need to pre-register for \$15.

#### Expos/festivals/fairs

• **HAMPTON BEACH PARK OLDE TYME FAIR** from Thurs., June 19, through Sun., June 22, at Hampton Beach State Park (160 Ocean Blvd., Hampton). There will be carnival rides, games, fireworks, music, food and a petting zoo. Cost is \$5.

• **OYSTER RIVER FESTIVAL** at Oyster River High School (55 Coe Drive, Durham, [orfest.org](http://orfest.org)) on Sat., June 21, from 9 a.m. to 1:30 p.m. Admission is free. There will be live music, activities for kids, a barbecue, crafts and more. Proceeds will benefit the Oyster River Cooperative School District.

• **34TH SOMERSWORTH INTERNATIONAL CHILDREN'S FESTIVAL** at Somersworth High School (Somersworth, 692-5869, [nhfestivals.org](http://nhfestivals.org)) on Sat., June 21, from 10 a.m. to 4 p.m. will have food, crafts and activities. There will be vendors selling products.

• **WYMAN TAVERN FESTIVAL** on Sat., June 21, from 10 a.m. to 4 p.m. at the Wyman Tavern (339 Main St., Keene, [hscen.org](http://hscen.org)). There will be 18th-century re-enactors, music, games, food, storytelling, demonstrations and tours.

• **BLACK SWAN INN RENAISSANCE FESTIVAL** on Sat., June 28, and Sun., June 29, from 11 a.m. to 5 p.m. at the Black Swan Inn (354 W. Main St., Tilton, [giazzi@comcast.net](mailto:giazzi@comcast.net), [blackswaninn.net](http://blackswaninn.net)). There will be vendors, knights in armor, music, food and more.

#### Holiday events

• **STAR-SPANGLED SUMMER PICNIC AND AUC-**

**TION** at Canterbury Shaker Village (288 Shaker Rd., Canterbury, 783-9511), on Wed., June 25, at 5:30 p.m. The event includes dinner, a live auction, and complimentary wine and beer throughout the evening. Tickets are \$75 per person or \$550 for a table of eight. For more information, e-mail [ststan@shakers.org](mailto:ststan@shakers.org).

• **ANNUAL 4TH OF JULY PARADE** on Fri., July 4, at 1 p.m. starting at Tractor Supply (515 Daniel Webster Highway, Merrimack). Anyone wishing to participate should call 882-1046 or email [mcasparius@merrimacknh.gov](mailto:mcasparius@merrimacknh.gov) for more information. Children can participate in the parade if they wish by decorating their bike, wagon or stroller.

• **ANNUAL 4TH OF JULY FIREWORKS** at Merrimack High School (38 McElwain St., Merrimack) on Fri., July 4, at 9 p.m. Bring a blanket or chairs to sit and watch the display.

#### Pets

• **VENDOR BINGO** at Polish American Citizens Club Hall (15 School St., Nashua, 557-6027, [vendoringojune21@gmail.com](mailto:vendoringojune21@gmail.com)), on Sat., June 21, at 6 p.m. The event will feature traditional bingo with a raffle, cash bar, baked goods for sale, and more. All proceeds go to the Nashua SPCA. \$10 for 20 single-card games, \$20 for three cards per game. Ages 18 or older.

• **ANIMAL RESCUE LEAGUE OF NH 110TH BIRTHDAY PARTY** at the Animal Rescue League of NH's shelter (545 Route 101, Bedford, 472-3647, [rescueleague.org](http://rescueleague.org)) on Sat., June 21, from 1 to 4 p.m. There will be birthday cake, frozen yogurt, face-painting and more. There is a critter wish list online for those who wish to bring presents for the animals.

#### Other

• **HUMAN SERVICES COMMUNITY CONFERENCE** at Springfield College, Manches-

ter Campus, School of Human Services (500 Commercial St., 2nd Floor, Manchester, 666-5700, ext. 103, [mmagin@springfieldcollege.edu](mailto:mmagin@springfieldcollege.edu)), on Fri., June 20, from 8:30 a.m. to 2 p.m. Workshops for professionals and students in Human Services, Non-Profit Management, Early Childhood Education, Mental Health Counseling, Addiction Services, and Education. Free and open to the public.

• **OLD FASHIONED LAWN PARTY** at Clinton Grove Academy (269 Hodgdon Rd., Weare), on Sat., June 21, from 12:30 to 3 p.m. Celebrate the 250th anniversary of the town of Weare with a cake walk, lawn games, and live music. Bring a picnic lunch and some lawn chairs or a blanket. The event is free and open to the public. For more information, call 529-7253.

• **LA FETE DE SAINT JEAN-BAPTISTE** at the Franco-American Centre (100 Saint Anselm Dr., #1798, Manchester, [facnh.com/events/la-fete-st-jean-baptiste/](http://facnh.com/events/la-fete-st-jean-baptiste/)), on Sat., June 21, at 4 p.m. Celebrate this Canadian national holiday with a mass, reception and complimentary dinner. Tickets are \$35 for members, \$40 for non-members.

• **6TH ANNUAL NEW ENGLAND RADIO CONTROL AIRPLANE FLY-IN** at the NH Flying Tigers Air Field (B Street, Derry, 401-4175), on Sat. and Sun., June 21-22, from 10 a.m. to 4 p.m. Supported by Derry's Sonshine Soup Kitchen, the show will feature a variety of aircrafts featuring "warbirds", helicopters, aerobatic planes, and more. The event is free and open to the public, but a non-perishable food item donation is recommended. For more information, visit [nhflyingtigers.com](http://nhflyingtigers.com).

• **A STAR-SPANGLED SUMMER PICNIC & AUCTION** on Wed., June 25, from 5:30 to 8:30 p.m. at Canterbury Shaker Village (288 Shaker Road, Canterbury, 783-9511, [shakers.org](http://shakers.org)). Cost is \$75 per person. Win a trip to South Carolina or Florida.

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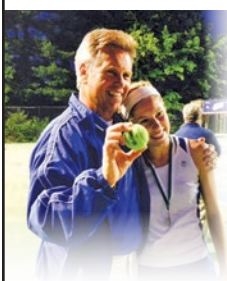
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# Plants from outer space

## Garden clubs host 'astronomical' show

By Austin Sorette  
 asorette@hippopress.com

Joyce Kimball has no problem coming up with examples on the fly for creative horticulture presentations.

"Take specific plants that are in bloom this time of year, like an apple tree blossom," she said. "You put it in a bottle, a wine bottle, or a salad dressing bottle, anything that's clear. Then you fix it up in plastic wrap so that it stays up just right, and then you pick your best branch you've got at home. Make sure it's all clean — no bugs, no dirt."

That's the kind of thing you'll see at the Standard Garden Shows hosted by the New Hampshire Federation of Garden Clubs, like the one happening in Concord on Friday, June 20.

"[The artists] take it in [to the show] and they assign a Latin name to it. It sounds silly, but when you see it all together, it's pretty impressive," said Kimball, who is the publicity chairman of the NHFGC.

She said her example is just one of many elaborate artistic visions typically seen in the Standard Garden Shows.

It's been five years since Concord last hosted a show.

"We're a non-profit organization, so we don't make any money," Kimball said. "So we don't get to have these shows very often because we have to make sure we collect enough donations and let people contribute over a period of time."

The show will be held at the McAuliffe-Shepard Discovery Center and will feature 40 creative floral designs and hundreds of horticulture specimens.

Diane McMillen, NHFGC president from 2009 to 2011, said the Discovery Center inspired her to assign a space-related theme to the show, which contestants have to follow when creating their art.

She created sub-themes for the sections as well; for example, one section, "Galactic Gala," is separated into three different classes: "Light Year's Away," "Shooting Stars" and "Super Nova," the latter of which was Kimball's submission choice

### "Out of this World," a Standard Flower Show

**When:** Friday, June 20, from 1 to 5 p.m.; Saturday, June 21, from 10 a.m. to 4 p.m.  
**Where:** McAuliffe-Shepard Discovery Center, 2 Institute Drive, Concord  
**Tickets:** Free with admission to the Discovery Center  
**Visit:** nhfgc.org



One of the displays created by a member of the New Hampshire Federation of Garden Clubs. Courtesy photo.

for this year's show.

"If you think about what things relate to space and space exploration, it's easy to come up with many possibilities," said McMillen. "When you visit a show, you see each class has four different entries. It's exciting to see how each artist has interpreted the same thing differently."

Kimball said the artists have to follow rules. The piece must include flowers, but depending on which class the artist is entering, he can use as much as a bouquet and as little as a flower for his piece. The flowers can't be dyed. The leaves must be alive, although drying them is an acceptable technique.

The rest is left up to the creative mind. The show is split into two divisions: floral design and horticulture.

After being on display for the public all day, the projects will be judged anonymously by members of out-of-state garden clubs. A handful of the winners will go on to compete in a national garden show competition presented by the National Garden Clubs.

"I think a lot of people still think a garden club is a group of women who sit around and talk about what flowers they're going to put on the table that night," Kimball said. "But it's really not for the faint of heart. There's a lot of work to it."



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News from the local food scene

By Emelia Attridge  
food@hippopress.com

# FOOD

## A sweet tradition

Hollis Strawberry Festival celebrates the fruit harvest with shortcake and crisp

By Emelia Attridge  
food@hippopress.com

The Hollis Strawberry Festival isn't just about savoring strawberry sweets like shortcake, ice cream and crisp (although that's certainly the delicious part of it). It's about preserving history and celebrating farming, too.

Hollis Woman's Club member Lori Dwyer, the chair of this year's Strawberry Festival, said that the town of Hollis has been holding its annual June festival for well over 68 years.

"We had a feeling that it started sooner than that, but the first written record we have is in 1946," she said. "It began way back when, by the band itself. The [Hollis Town] Band put on the concert, their family members did all the baking. ... It was started for the purpose of providing the farmers an afternoon to enjoy themselves, to have an afternoon of music and special treats. Times were really hard then. ... So, it is a festival that celebrates the Hollis farming community."

The farming community is still integral to the annual festival, as all the strawberries are grown at Lull Farm and Brookdale Farm in Hollis. Dwyer said that she's already ordered 270 quarts of strawberries.

The Hollis Woman's Club and the Hollis

### Hollis Strawberry Festival

**When:** Sunday, June 22, from 2 to 4 p.m.

**Where:** On the Hollis Town Common (rain location at the Hollis Brookline Middle School, 25 Main St., Hollis)

**Cost:** Free admission, but bring money for strawberry shortcake and strawberry-rhubarb crisp (cost ranges from \$5 to \$7 depending on your choice of toppings)

**Visit:** hollisnh.org



Strawberries from Hollis farms get a sugary coating for the shortcakes and strawberry rhubarb crisp at the annual Hollis Strawberry Festival. Courtesy photo.

Town Band organize the entire festival. In the big tent there will be strawberry shortcake, strawberry rhubarb crisp, plus strawberry sundaes with strawberry-flavored ice cream made with local strawberries from Doc Davis ice cream.

"The shortcake is basically more of a cake consistency," Dwyer said. "The crisp is a mix of strawberries and rhubarb, sugar and cornstarch, and orange juice ... the usual crumble topping with brown sugar, oatmeal and butter."

Last year was the first year strawberry rhubarb crisp was introduced, and it's made with a recipe tested by Hollis Woman's Club members.

All the prep work for the festival is run like a well-oiled machine. On Friday, the Woman's Club, Town Band, and other local groups like the school robotics team will help with a hulling party to prepare all those

strawberries and rhubarb for baking. Volunteer bakers are given shortcake and crisp recipes, and take home the hulled fruit to bake the strawberry goodies on Saturday. They then arrive on Sunday with everything baked for the festival.

Festival attendees will place their orders in the cashier's tent.

"They'll be given a number and go to the big tent," Dwyer said. "It wasn't done like that in previous years. Two new members that worked at it last year decided it needs to be revamped. I think they're on to something; I think it's going to work out very well."

There's no admission fee to the festival, but strawberry treats cost between \$5 and \$7, depending on desired toppings. Throughout the afternoon, guests can savor the sweets while listening to the music program by the Hollis Town Band or check out vendors selling items like jewelry and pottery. 🍓

## Soup's on

Creative minds make Soup Gallery's menu

By Emelia Attridge  
food@hippopress.com

Long before the Soup Gallery opened its doors in Concord, owner Natalia Strong was making soup for her friends.

"If you've ever read that childhood book *If You Give a Mouse a Cookie*, I swear the restaurant business is like that," she said. "If you give a friend a bowl of soup, your other friend's going to want one, and the whole thing has evolved that way."

It began when Strong started cooking soup to share a wholesome dinner with friends

at bikram yoga. The owner of the yoga studio suggested Strong sell the soups out of a refrigerator, and not long thereafter, Strong started renting out a commercial kitchen per diem.

"I would come in at 6 in the morning and just make soup all day long until midnight," Strong said.

This summer, the Soup Gallery is celebrating its second anniversary in Capital Plaza.

The soup menu rotates, with options like tomato spinach lentil, creamy chicken mushroom with organic kale and vegan minestrone (and that only skims the surface).

### Soup Gallery

Open for lunch daily, tapas and dinner menus on Friday and Saturday evenings

**Where:** Capital Plaza, 55 N. Main St., Suite B, Concord

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**Visit:** facebook.com/soupgallery

Each weekend there's a new tapas menu. Recently, the Soup Gallery introduced a dinner menu for weekends. Strong intends for the dinner menu to rotate on a monthly basis. The June menu features dishes like grilled





There's more than just soup at the Soup Gallery in Concord. Courtesy photo.

portobello, dried apricot and gorgonzola cheese salad with mixed organic greens and balsamic reduction, chicken Madeira and organic crimini mushroom on a bed of organic spinach, wild white risotto infused with white wine and rosemary and topped with shaved Parmigiano Reggiano and orange cheesecake with chocolate drizzle for dessert.

"The local people in the area are starting to realize we have more than just soup," said Ashley Belbin, a Soup Gallery employee. "A big reason I think it's been growing so much is we have so many creative people in the kitchen. Everyone kind of pools together and has fun with it."

Everything on the menu, from lunchtime soups and salads to dinner entrees and breakfast items, has been prepared from scratch, with organic and locally sourced ingredients. Most of the soups are gluten-free, and vegan offerings can always be found on the menu (like a popular vegan pancake that has made weekend appearances).

"You can't really have fake soup ... you have to start from scratch," Belbin said. "You can feel the difference when you eat good, real fresh food."

For the summer months, cold and fruity soups will appear on the menu, including a cherry lemon zest soup, watermelon soup with lime and ginger or watermelon and mint, as well as tropical gazpacho ("It's kind of fruity and savory all at the same time," Strong said). But that doesn't mean diners

should ignore the hot soups this summer.

"It's good for your body temperature to eat something hot when you are hot," Belbin said.

If you don't believe it, free samples of any of the soups are always available to taste.

The Soup Gallery's culinary "rules" are the same for sandwiches as they are for soups.

"We try to create a twist on the classics," Strong said. "And there are no limits."

One of the most popular sandwiches puts a spin on the classic turkey sandwich by pairing it with ingredients like whipped goat cheese and apricots.

"The [customers] that are not used to 'foodie'-type food ... become really surprised," Belbin said. "It kind of opens the door for them to try a little more."

Ingredients are sourced from local farms including Brookford Farm, Canterbury Creamery and Dimond Hill Farm — and at Dimond Hill Farm you can find Soup Gallery soups in the fridge to go. In the future, Strong would like to apply for the Soup Gallery to become a certified local restaurant.

Strong said that participating locally, in the kitchen and beyond, is important to the mission of the Soup Gallery, from the tables made by an area craftsman to bread from A Mere Baguette to Bow High School interns.

"We're definitely trying to be very integrated in the community," Strong said. "It all kind of goes full circle, because why wouldn't we eat this way?" 🍷

## Tea time

Teamakers want coffee drinkers to try something new

By Emelia Attridge  
food@hippypress.com

In a coffee-driven culture, tea can be a pleasant and soothing escape for the palate as well as the soul. Herbalist and tea maker Lior Sadeh of Bee Fields Farm thinks we can learn a thing or two from cultures that take the time to appreciate their tea, like afternoon tea in

Britain and tea ceremonies in Japan.

"I stopped drinking coffee. I drink only tea," Sadeh said. "I think coffee is a part of our culture. ... Tea is something that takes time."

It takes time to savor and appreciate, and it also takes time to prepare, from field to cup. Racks of drying sage, peppermint and harvested flowers line the walls of the drying room at Bee Fields Farm in Wilton. There

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more than 100 different herbs in the garden, and Sadeh knows each of them by sight, smell and taste.

"All the teas that we make, we also grow," Sadeh said.

Anthony Catanese of Raymond began his tea company, Inis Tea, about a year ago after an eye-opening flavor experience from Mt. Washington Coffee, a micro-roaster based in Raymond.

"Ironically, Inis Tea was born out of a love for fresh roasted coffee," Catanese said. "There is a tea flavor for everyone. Personally, my passion is in pure teas — those teas with nothing added — and exploring the literally thousands of different kinds as they are all very different from each other. Unlike coffee, where the differences between a Kenya AA and a good Brazilian are rather nuanced, the difference between one tea and another can be extreme."

### Granite State teas

Sadeh makes between 700 and 1,000 bags of tea in a year. The bags of loose leaf herbal teas weigh 1.5 to 3 ounces and come in seven varieties, each with its own medicinal benefits like heart health, warming and benefits for stress and digestion.

"When I want to make the tea, I will make a blend," Sadeh said. "Growing is a huge part of the process, and also cleaning it."

Each bag of tea begins with the herbs grown in the garden, harvested by hand, and then dried in the drying room on the farm. Once they are dried, the herbs and flowers are grated over a screen and collected in a wooden container to break the leaves down.

Sadeh cleans the grated herbs and flowers by picking out any stems left behind. Sadeh said that she's already begun to harvest lemon balm (one of her favorite herbs), which is used in her Lion's Heart tea, Stressless and Sunrise teas.

All teas are made from herbs grown on the farm, which are organic and biodynamically grown. Sadeh said that you can tell a tea is fresh just from its color. Herbs should be green and flower petals in the tea should be as colorful as in the garden.

"Herbs that are dry should have the same taste, the same smell and the same color as when they are picked up," she said. "Tea, like everything else, you want to see if it's fresh or not. You want to smell it and see the color."

For every pound of herbs harvested, there is only 1/4 pound of dried herb. There's an even smaller amount of ingredients after the herbs are grated and cleaned. On top of that, there's the growing and harvesting seasons to contend with.

"That's the reason why you can't find my teas wholesale," Sadeh said.

Inis Tea sources its teas from regions in China, India, Taiwan, Sri Lanka and Japan. Although they aren't grown in New Hampshire, Catanese hopes to bring a higher-quality tea product and tea awareness to Granite Staters.



Lion's Heart Tea made from herbs and flowers grown, harvested, dried and then blended by hand at Bee Fields Farm in Wilton. Courtesy photo.

### Bee Fields Farm tea

Find Lior Sadeh and Bee Fields Farm teas at the Bedford, Amherst, Tilton, Salem, and Groton, Mass., farmers markets this summer.

555 Abbot Hill Road, Wilton  
[beefieldsfarm.com](http://beefieldsfarm.com)

### Inis Tea

Visit [inisteat.com](http://inisteat.com)

"We've been on a quest to educate people about these differences and the fun it is to explore the different varieties as we quickly learned that most Americans are largely unaware that these teas even exist," Catanese said. "I also think that many coffee drinkers would find a tea they loved if they were aware of the variety that existed. Coffee is the caffeine of choice for most Americans; however, a strong black tea also has a strong caffeine content — though admittedly not as high as coffee."

Currently, Inis Tea offers 16 types of tea, including flavors like Moroccan Mint green tea and vanilla chai as well as oolong and herbal teas.

"I've found that tea drinkers seem to have fewer choices to get their tea," Catanese said. "I've often heard people say, 'It's hard to find a good Assam,' upon discovering our Breakfast Assam black tea. Hard to find, not impossible, but certainly not easy either."

While loose-leaf tea is generally better, some tea drinkers (and recent tea converts) do prefer bagged teas. In the past, Sadeh said, some companies sealed their tea bags with glue, but now regulations are better. In tea shops, and at Inis Tea, Catanese said that tea bags can be filled with loose leaf product to meet convenience and demands.

"We've tried to fill this gap by providing loose-leaf tea to those who want a purer, unfiltered taste of preparing tea this way ... and also providing individual tea bags to the others," he said. "We are pleased to say that we offer the convenience sought by so many without sacrificing the quality that makes us 'tea connoisseurs' who we are."



# bite-sized lessons

## Guiltless Grilling

It's backyard barbecue time! Want to enjoy the season and set a more nutritious table? With a few modifications to your shopping list and favorite recipes, you can have your much-loved cookout foods without the guilt. Fire up the grill and enjoy!



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# IN THE KITCHEN

WITH **ALISON LADMAN**

Alison Ladman is the chef, baker and owner of The Crust & Crumb Baking Company (126 N. Main St., Concord, 219-0763, thecrustandcrumb.com), the only Certified Local bakery in New Hampshire. She started baking at 8 and professionally pursued the craft in 2004 after graduating from Atlantic Culinary Academy. Although she never imagined owning a bakery (prior to culinary school, she pursued careers like landscape designer and nurse), Ladman decided she wanted to specialize in baking after receiving her degree. Now, Ladman is passionate about baking bread, and she said that she loves creating individual desserts like mousse cakes, tortes and tartes. Crust & Crumb got its start at a farmers market, and for a Certified Local bakery, those connections to local farmers and orchards are essential sources. "You know who's making it and you know it's good quality," Ladman said.



## What is your must-have kitchen item?

That's a toss-up between a bench scraper and butter. [A bench scraper is] a rectangle of metal, with a handle on top. It divides dough, it cuts up bars; it's not very sharp, but you divide dough, shape the bread — you scrape the bench, literally — all of those different things. It's indispensable.

## What would you choose for your last meal?

My very last meal ... a baguette with cheese, and olives and fruit.

## Favorite restaurant besides your own?

[L.A.] Burdick in Walpole.

## What celebrity would you like to see eating at your restaurant?

We get a lot of politicians. ... It's tough because you want a celebrity who can really appreciate what you do, but simultaneously not intimidate you too much. ... Sherry Yard — I admire her baking. I like what she does. I really enjoyed her, at least her voice in her book; the way she wrote, she comes off as simultaneously knowing what she's talking about and having a real appreciation for just good food.

## What is the biggest food trend in New Hampshire right now?

Well, the local scene is really, really big.

The gluten-free scene is really, really big — and yes, that is a trend. Salt in sweet is pretty big, savory in your sweets is pretty big. Like we do salted caramel oatmeal cream pies, salted caramel whoopie pies; we do salted caramel pretty often. Sometimes we'll put bacon in our chocolate chip cookies. We don't take it too far, because this is New Hampshire. ... We did parsnip cake the other day, and those went like mad; people were wild for those.

## What is your favorite meal to cook at home?

The same thing I listed as my last meal. I like taking a loaf of bread home from the bakery and grabbing some cheese and going home and calling it dinner. Just really basic pasta dishes — I worked for three years at an Italian restaurant, so I think that pastas with some vegetables with garlic and olive oil. After cooking all day I don't really feel like going home and cooking extravagant meals, but I can come up with a pretty good dinner in 20 minutes.

## What is your favorite dish on your restaurant's menu?

I'm into [making] mousse cakes right now. They're nice and airy and light for summer, and you can make them into a million different flavors. ... [To eat] bread, or maybe quiche, because quiche is delicious.

— Emelia Attridge

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## Fudge Brownies

From the kitchen of Alison Ladman at the Crust & Crumb Baking Company. Serves 12.

- 2 cups packed brown sugar
- 12 tablespoons (1½ sticks) melted, unsalted butter
- 1 teaspoon salt
- 2 teaspoons vanilla
- 3 eggs
- 1¾ cup flour
- ¾ cup extra dark cocoa, sifted
- 1 cup chocolate chips or walnuts



Heat the oven to 350 degrees. Spray a 9-inch-by-9-inch baking pan with cooking spray. In a medium bowl, beat together the brown sugar, melted butter, salt, and vanilla. Add the eggs, one at a time, and beat until slightly lighter in color. Stir in the flour and cocoa powder, then the chocolate chips or walnuts. Spoon into the prepared pan and bake for 20 to 30 minutes, depending on how gooey you prefer them.



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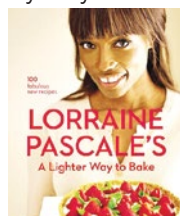
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# COOKBOOK THROWDOWN

By Amy Diaz



### A Lighter Way to Bake

by Lorraine Pascale  
(2013, HarperCollins  
Publishers)



**The goal:** To pit two vaguely related cookbooks against each other and arbitrarily declare a champion.

**The competitors:** Both books have an eye toward healthier eating.



### I Quit Sugar

by Sarah Wilson  
(2013, Clarkson  
Potter)

**Battleground:**

## COOKIES!

### I Quit Sugar

**The cookbook:** As the title suggests, this book is focused on getting the sugar out of your diet — not just the white granulated stuff we cook with or the high fructose corn syrup that's in everything — but sweet stuff in general, including honey and fruit. The book presents a guide for detoxing from sugar, an eight-week plan that focuses on fat and protein. Then, recipes — everything from what you might expect (Kale Pesto, Roasted Cauliflower and Leek Soup with Dandelion Greens and Hazelnut Pesto, Sausage, Walnut and Beet Hash) to “sweeter” stuff, like Chocolate Nut Butter Cups and Avocado and Chocolate Mousse.

**The recipe:** “Simply Sweet Cookie” page 181

### A Lighter Way to Bake

**The cookbook:** Here, the focus is on “less,” not “none.” In her description of how she came up with her Lemon “Yogurt” Pound Cake, Pascale describes how she first tried replacing butter but eventually got to the place where she wanted simply to use as little of it as she could get away with. The working principle here is that you still want Gruyere & Thyme Souffle or Skinny Caffe Latte Butterfly Cakes, you just want them to be healthier. In addition to giving you the basics of how she made something lighter than usual, Pascale offers nutritional information that breaks down the calories, fat, sugar and protein and compares her recipe to a more traditional recipe's stats. You get to see, for example the 82-calorie savings (as well as the additional protein and 3-plus grams fewer of sugar) you

get for making the Really Tasty Chocolate Fudge Orange & Beet Cake or the 400-calorie savings of her version of a Strawberry Open Tart with Lemon & Vanilla “Cream” Served with Mint and Basil.

**The recipe:** “Lemon, Raspberry & Blueberry Thumbprint Cookies,” page 154.

**The result:** I was hosting a get-together that allowed me to pit these cookies against each other directly — and the lemon thumbprints were the clear champion. These cookies are flavorful but not too sweet and they are very impressive-looking (the thumbprint on top of each cookie acts as a little well to hold a raspberry and two blueberries) without actually being all that difficult to assemble. These cookies plus Pascale's British writerly voice had me ready to institute a daily tea-time (to which I would invite her and Nigella Lawson, so I could listen to them discuss low-effort, high-taste eats and how to keep one's hair looking perfect while cooking). The Simply Sweet Cookies (which I made using a Gingerbread Chew variant recipe) were also fairly easy to make and looked beautiful — they were perfect-looking ginger snaps that were as close to store-bought looking as any cookie I've ever made. But their flavor, while good initially, was ultimately a little difficult for someone not familiar with stevia (the main sweetener) to take. My guests tended to stop somewhere between one and three bites of the cookie. The cookies had good crunch and a nice mouthfeel, but the slightly metallic flavor of the sweetener seems like something that takes some getting used to.

**The winner**

## A LIGHTER WAY TO BAKE

If a health concern or dedicated desire to live (mostly) sugar-free has you looking to make dramatic changes, *I Quit Sugar* seems like a good starting point that can guide you through your transition to less-sweet eating. For those looking for familiar flavors and decadent-seeming treats that nonetheless fit with a healthier diet, *A Lighter Way to Bake* offers a guide to enjoying the benefits of moderation and, well, eating your cake too.



son pass to all the dinner & movie nights costs \$45. Visit [nashuachamber.com](http://nashuachamber.com).

• **Cruising at the diner:** Common Man diners The 104 Diner and Tilt'n Diner are hosting classic cars on Tuesdays from 5 to 8 p.m., and Wednesdays from 6 to 8 p.m., respectively. Bring your classic car to receive 10 percent off your food bill throughout the summer, or take a step back in time to check out the rides on the themed nights. The 104 Diner is located at 752 Route 104 in New Hampton, and the Tilt'n Diner is located at 61 Laconia Road in Laconia. Visit [theccman.com](http://theccman.com).

• **Time for a picnic:** Canterbury Shaker Village (288 Shaker Road, Canterbury, 783-9511, [shakers.org](http://shakers.org)) will be hosting A Star-Spangled Summer Picnic and Auction on Wednesday, June 25, at 5:30 p.m., with dinner and complimentary wine and beer. The fundraiser will include a live auction with items like weekend getaways, Red Sox tickets and handcrafted Shaker-inspired artisan pieces. Tickets for the picnic event cost \$75, or \$550 for a table of eight. Then on Wednesday, July 23, local chef Liz Barbour will lead a cooking presentation called "Feasting on a Picnic" at the Amherst Public Library (14 Main St., Amherst, 673-2288, [amherstlibrary.org](http://amherstlibrary.org)) at 6:30 p.m. The program includes picnic recipes and how to cook in advance for a picnic. The program is

free, but registration is required.

• **Shake up your salad:** On Thursday, June 26, Concord Food Co-op Executive Chef Scott Jones will be crafting salad creations in the produce section from 11:30 a.m. to 2:30 p.m. during a Live Action Salad Station. Jones will prepare three summer salads, including a baby arugula and goat cheese salad with maple hazelnut vinaigrette, chipotle grilled chicken Caesar salad and the Summer Salad Contest winner. Shoppers and salad lovers can submit their favorite summer salad recipe for a chance to win two free salads and a \$25 gift card. The winning salad will then be served up on that day. Email your salad recipes to [marketing@concordfoodcoop.coop](mailto:marketing@concordfoodcoop.coop) with your name, email, telephone number by Friday, June 20, at 8 p.m. Visit [concordfoodcoop.coop](http://concordfoodcoop.coop). The Concord Food Co-op is located at 24 S. Main St., in downtown Concord.

• **Manchester Friendly's gets a makeover:** Friendly's (1229 S. Willow St., Manchester) recently got a new, refurbished look and new menu including Turkey Tips, the Friendly's All-American Dog and Bananas Foster Pancakes. The chain restaurant's Queen City location is celebrating the recent upgrades with a \$2 special for an original burger and 10-ounce junior Fribble combo. The special will last until Sunday, June 22. 🍷

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**Food**  
**Lectures/author events/festivals/fairs**

• **BURGERFEST** The Barley House (132 N. Main St., Concord, 228-6363, [thebarleyhouse.com](http://thebarleyhouse.com)) CHaD fundraiser ends Sat., June 21; order any burger off the BurgerFest menu.

• **JUICING EVENT** Foxy Produce offers juicing demo Sat., June 21, from 10:30 a.m. to 5:30 p.m. at Market Basket, 375 Amherst St., Nashua.

• **NEW HAMPSHIRE DAIRY DAY** Sat., June 21, from 10 a.m. to 4 p.m. at the New Hampshire Farm Museum, 1305 White Mountain Hwy., Milton. Taste New Hampshire dairy products, learn about cows, help make butter and cheese, take a ride on the horse-drawn wagon, plus take a tour of the dairy barn. Free ice cream is donated by Lone Oak Ice Cream of Rochester. Admission costs \$7 for adults, and \$4 for kids ages 4 and up. Visit [farmmuseum.org](http://farmmuseum.org).

• **STRAWBERRY FESTIVAL** Sun., June 22, from 2 to 4 p.m. on Hollis Town Common with strawberry shortcakes, strawberry-rhubarb crisp plus ice cream cones and sundaes with the Hollis Town Band and Hollis Woman's Club.

• **BEE APPRECIATION DAY** Mon., June 23, from 2:15 to 6 p.m. at the Durham Farmers Market (Town Offices, 15

Newmarket Road) with portable honey bee hive from the Durham Agricultural Commission. Thurs., June 26, from 2:15 to 6 p.m. at the Exeter Farmers Market along the Swasey Parkway with empty hive from Coombs Farm and local honey and honeycomb from Victory Bees. See [seacoastgrowers.org](http://seacoastgrowers.org).

• **TASTE OF THE NATION PORTSMOUTH** Wed., June 25, from 6:30 to 10 p.m. at Strawberry Banke Museum, 14 Hancock St., Portsmouth. Part of Share Our Strength to eliminate hunger on the seacoast, features samplings from local restaurants and culinary talent. General admission costs \$85, and tickets for VIP admission cost \$175 (includes early access starting at 5:30 p.m.). Visit [ce.strength.org/events/taste-nation-portsmouth](http://ce.strength.org/events/taste-nation-portsmouth).

• **BOOK SIGNING AND TASTING** Sat., June 28, from 11 a.m. to 3 p.m. with chef-author Andy Husbards, signing his book *Grill to Perfection* with steak tip skewer tasting at Tuscan Market, 63 Main St., Salem, 912-5467, [tuscanbrands.com](http://tuscanbrands.com).

**Chef events/special meals**

• **JIMMY KEYS DINNER** Sat., July 19, at 6 p.m. in the Amoskeag Ballroom at Fratello's Italian Grille, 155 Dow St., Manchester. Tickets cost \$60, includes hors d'oeuvres, dinner buffet, pasta station, dessert and

coffee plus comedy show with musical impressions and Broadway songs. Call 641-6776.

• **SURF AND FIELD** Sampling at Moulton Farm (18 Quarry Road, Meredith, 279-3915, [moultonfarm.com](http://moultonfarm.com)) Sat., June 21, from noon to 2 p.m. with Sal's Fresh Seafood. Free event, as a part of the farm's Garden to Table series.

• **GARDEN AFTERNOON TEA** Sun., June 22, from 1 to 3 p.m. at The Cozy Tea Cart Shoppe and Cafe, 104 Route 13, Brookline. Menu includes tea breads, tea sandwiches, pastries and a selection of teas. Reservations required.

• **THE FARMERS DINNER** Sun., June 22, at 5 p.m. at XO on Elm, 827 Elm St., Manchester. Includes locally-sourced menu with three courses, a starter and dessert, plus special guest speakers to discuss topics of dining sustainability. Tickets cost \$65 (optional local spirit cocktails from mixologist Jared Bracci and Djinn Spirits Distillery, costs \$20). Visit [thefarmers-dinner.com](http://thefarmers-dinner.com).

• **GARDEN TO TABLE** At Moulton Farm (18 Quarry Road, Meredith, 279-3915, [moultonfarm.com](http://moultonfarm.com)) breakfasts on Sundays from 8 a.m. to noon on June 29, July 27, Aug. 24, and Sept. 14; dinner buffets from noon to 2 p.m. on Tuesdays, July 22, and Aug. 16. Taste of

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If you're not into Japanese food, you might have no idea what edamame is. If that's the case, you're missing out! "Edamame" is the Japanese word for steamed (or boiled) young soybeans. Mostly served salted and still in their pods, they are delicious and a great snack or appetizer. Even my 15-month-old daughter loves them.

A soybean is a type of legume originating in Asia. According to the Encyclopedia Britannica (why, yes, people still use it!), the soybean is the most important bean in the world from an economic standpoint since it provides protein for millions in addition to ingredients for a number of chemical products. Brazil, Argentina and the United States

are the leading producers of this mighty bean. While a number of people have allergies to this bean, those without aversions will reap its benefits. High in protein, filled with fiber and iron and oh so much more. Edamame are chock-full of nutrients.

How am I eating them these days? Well, I always love them steamed and salted, as they're served in sushi restaurants. But they're also great thrown on top of greens and in pasta salads. Check out my recipe below. — Allison Willson Dudas

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**Church/charity suppers/ bake sales**

- **BREAKFAST BUFFET** Sat., July 12, from 8 to 10 a.m. at Bethany Chapel Community Church, 54 Newbury Road, Manchester. Cost \$7 for adults, \$4 for children ages 6 to 12, and free for children under 6. See bethanychapel.org.
- **COMMUNITY BREAKFAST** Sundays from 8 to 11 a.m. at Philbrick-Clement Post 65 American Legion (12 N. Stark Highway, Weare, 529-2722, nhpost65.us). A la carte breakfast menu benefits the Legion and community outreach. Cost ranges from \$3.50 to \$7.
- **COMMUNITY SUPPER** Held the third Wed. of each month from 5:30 to 6:30 p.m., at the Unitarian Universalist Congregation in Milford at 20 Elm St. See uucm.org.

**Food classes/workshops**

- **THE HOME HERBALIST** Runs on Mondays, from 6 to 9 p.m. with clinical herbalist Maria Noel Groves at Wintergreen Botanicals, Deerfield Road, Allenstown. Nine-class series includes background on herbs and demonstrations. Series meets through Mon., Aug. 18. Cost \$38 per class or \$275 for the whole series. Visit wintergreenbotanicals.com.

**EDIBLE WILD PLANTS**

- Sat., June 21, from 10 a.m. to noon at the Mt. Kearsage Indian Museum, 18 Highlawn Road, Warner. Workshop on wild edible plant identification and responsible foraging. Cost \$20; pre-registration required. Visit littlenaturemuseum.org.
- **KOMBUCHA AND KITCHEN MAGIC** Wed., June 25, from 6:30 to 8 p.m. at Beaver Brook Nature Center, 117 Ridge Road, Hollis. Workshop will include kombucha, pickles and pickled beans, instruction and discussion on fermentation. Class costs \$15, registration required. Call 465-7787 or visit beaverbrook.org.
- **TASTING CHOCOLATE** Tues., July 8, from 6:30 to 8 p.m. at Dancing Lion Chocolate (917 Elm St., Manchester, 625-4043, dancinglion.us). Learn about the history, production and myths of chocolate and taste five rare chocolates and a Dancing Lion Chocolate bonbon. Cost \$45, advance registration required.
- **WINEMAKERS KITCHEN** Cooking with wine series at LaBelle Winery (345 Route 101, Amherst, 672-9898, labellewinerynh.com) on Wed., July 9, from 6 to 7:30 p.m. Secrets of French Bistro, with wine and food tasting, cooking demo, and recipe to take-home. Cost \$25, registration required.
- **BAKING CROISSANTS**

Wed., July 23, from 6:30 to 8:30 p.m. at Dancing Lion Chocolate (917 Elm St., Manchester, 625-4043, dancinglion.us). Cost \$65, advance registration required.

• **HERBS THROUGH THE SEASONS** Runs on Saturdays, from 10 a.m. to 4 p.m. through Nov. 8, with clinical herbalist Maria Noel Groves at Wintergreen Botanicals, Deerfield Road, Allenstown. Each class includes herb walks, lecture and demonstration. Cost \$75 per class or \$500 for the series. Visit wintergreenbotanicals.com.

**Kids cooking classes/ workshops**

- **FAMILY HERB GARDENING WORKSHOP** Sat., June 21, at 10:15 a.m. at the Children's Museum of NH, 6 Washington St., Dover. Free workshop for families on growing herbs outdoors or in pots, window boxes, and raised beds. Reservations required.
- **ZUCCHINI CANOES** For preschoolers, ages 3 to 5. Fri., July 18, at 10 a.m. and 4 p.m., and Sat., July 19, at 10 a.m. and 11:30 a.m. at the Culinary Playground, 16 Manning St., Suite 105, Derry. Pack zucchinis with tomatoes, basil and fresh mozzarella. Registration required, classes cost \$16 for each child. Call 339-1664, or visit culinary-playground.com.



# Israeli spiced chicken

I grew up in a very non-ethnic region. There wasn't much to choose from in terms of cuisine. There was an Italian restaurant on every corner, a single china buffet, local burger joints and not much else.

But a few weeks ago when I was home visiting, I noticed a handful of new restaurants had popped up around town: a Thai place on one block, a Vietnamese soup kitchen on another, and even a restaurant boasting Middle Eastern cuisine.

I've grown pretty familiar with Thai food over the past couple of years, and I've tried just about every Italian joint in my hometown, but the Middle Eastern restaurant offered something new and unexpected.

I'm a reluctant foodie and like to play it safe the first time I'm eating at a new place. So I opted for a grilled chicken kabob and started with an appetizer of raspberry almond Brie.

The meal was excellent, and it seemed simple enough that I would be able to recreate the spice rub on the grilled chicken. However, once back in my kitchen, I struggled to perfect a similar combination — so I turned to the Food Network.

I went searching for Middle Eastern inspired chicken dishes and found one courtesy of Rachel Ray. Now, I don't know how authentic her recipe is, but the flavor profile seemed to match pretty closely with what I



was served at the restaurant. The introduction to her recipe claimed she was attempting to replicate a spice rub that a friend brought back to her from Israel.

Conveniently, I had all of the necessary spices in my pantry. They aren't spices I use very frequently, especially not together. But this rub proved delicious and offered a unique smoky flavor with just a hint of sweetness.

You can make this rub for an individual meal, or make it in larger quantities and store it in your pantry in an airtight container for up to six months. I liked it so much the first time, I opted to make a larger batch of the rub and now use it on everything from chicken to lamb and steak. I've started experimenting with it on grilled vegetables as well, to moderate success.

The combination of the sweet paprika, cumin, oregano, coriander and pepper flakes is exceptional. Add in kosher salt and you've got yourself a pantry-friendly spice rub reminiscent of popular Middle Eastern flavors.

With the smokiness of the rub and the punch of flavor that came with it once the chicken was grilled, I decided to serve the chicken with a side of taboule. It kept with the Middle Eastern theme and was a cool, refreshing complement to the savory chicken.

— Lauren Mifsud

## Israeli spiced chicken

Courtesy Rachel Ray for the Food Network

- 1 ½ tablespoons sweet paprika
- 1 ½ tablespoons ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon ground coriander
- ½ to 1 teaspoon crushed red pepper flakes
- 1 ½ teaspoons coarse kosher salt
- 4 boneless, skinless chicken breasts
- Extra-virgin olive oil for drizzling

## Monthly/weekly cooking classes/workshops

• **A MARKET** The Manchester natural foods store's education center offers classes and workshops on health and nutrition. See myamarket.com.

• **BEDFORD COMMUNITY EDUCATION** Classes offered out of Bedford High School (103 County Road, Bedford, 472-3755). For information, contact Susan Sambrano at sambranos@sau25.net or phone 714-4395. Visit sau25.net/

BedfordHigh.cfm and click on Community Enrichment Program under the Community link.

• **BEDFORD ITALIAN CULTURAL SOCIETY** meets on the third Thursday of the month from September through June at 7 p.m. at Bedford Public Library, 3 Meetinghouse Road, Bedford.

• **CHEZ BOUCHER COOKING SCHOOL** One-day workshops, mini-sessions, international cooking, cooking with

friends, team-building, classes for kids and more. Chez Boucher (32 Depot Square, Hampton, 926-2202) can be found online at chezboucher.com.

• **COFFEE COFFEE** Cooking classes feature a different dish, also includes cooking technique instruction. Meets Tuesdays at 6:30 p.m. at Coffee Coffee (326 S. Broadway, Salem, 912-5381, coffeeroastersnh.com). Cost \$30, call in advance.

• **CO-OP CLASSES** The Concord Cooperative Market (24 S.

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**JUST DESSERTS**  
 Recipes for the sweet tooth

**Pineapple angel food cake**



I'll admit it; I'm kind of a picky eater. For example, I love fruit, and I love chocolate, but put them together and, well, ew. Chocolate-covered strawberries? No thanks. But I know that other, more normal people enjoy such food pairings, so for this column, I'm determined to branch out beyond my picky palate and make things that I would typically shy away from.

This week, I made a pineapple angel food cake. All it took was a boxed mix of angel food cake, a can of crushed pineapples, strawberries, Cool Whip and vanilla pudding. And, fine, I wasn't exactly being super adventurous -- I like all the ingredients, except crushed pineapple, which is light years away from the sweet, juicy goodness of fresh pineapple. I wasn't sure about it and contemplated taking it out altogether (and maybe using all fresh strawberries instead), but reading the reviews on kraftrecipes.com made the cake sound too good to toy around with.

It was a simple recipe to make. I might have overbaked the angel food cake a bit, because the directions on the box said, "crust should be golden brown and cracks on top should appear dry," and then, in all caps, "DO NOT UNDERBAKE." The capitalized instructions put the fear of the Pillsbury Dough Boy in me, and I think I went a little too far in the other direction, adding more oven time because I wasn't confident about my perception of "golden brown."

But the slightly crispy crust wasn't the issue anyway. The issue was the pineapple. I brought the cake to an outdoor gathering, and the general consensus was that it was fine but would be better without the pineapple. I know I would prefer it that way -- just angel food cake and Cool Whip and strawberries -- but again, I'm picky, so I thought maybe it was just me. Next time I'll probably just buy an angel food cake at the grocery store, top it with Cool Whip and strawberries, and let the classic, summertime dessert stand on its own. — *Meghan Siegler*

#### Pineapple angel food cake

*Courtesy of kraftrecipes.com*

- 1 can (20 ounces) crushed pineapple in juice, undrained
- 1 package vanilla-flavored instant pudding
- 1 cup thawed Cool Whip
- 1 round angel food cake (it can be homemade, store-bought or a box mix), cut into

three layers (I only made two layers, which worked fine)  
 10 small, fresh strawberries

Mix pineapple and dry pudding mix. Gently stir in Cool Whip. Stack cake layers on plate, spreading Cool Whip mixture between layers and on top of the cake. Refrigerate 1 hour. Top with strawberries.

Main St., Concord, 225-6840, [concordfoodcoop.coop](http://concordfoodcoop.coop)), holds regular series on wellness, green living and cooking. Even free classes require registration. Visit [concordfoodcoop.coop](http://concordfoodcoop.coop) for schedule. Interested teachers can contact the Co-op Wellness Coordinator, Maria Noël Groves at 410-3099.

• **CREATIVE FEAST CLASSES** Liz Barbour's Creative Feast offers classes and demonstrations held at Riverbend & Company (11 Cornerstone Square, Westford, Mass.). Email [lizb@thecreativefeast.com](mailto:lizb@thecreativefeast.com) or visit [thecreativefeast.com](http://thecreativefeast.com).

• **EXETER ADULT EDUCATION** Cooking classes offered at Tuck Learning Center (30 Linden St., Exeter) Sessions on baking, global cuisine and more. Dates and fees at 775-

8457, [tgluck@sau16.org](mailto:tgluck@sau16.org) or [adulted.sau16.org](http://adulted.sau16.org).

• **FARM FOOD, GARDEN TO TABLE** Chefs at Moulton Farm (18 Quarry Road, Meredith, 279-3915) hold regular workshops, demonstrations, and events on preparing healthy dishes using farm-raised ingredients. Some classes have fees. Check [moultonfarm.com](http://moultonfarm.com); call the farm or email [robmmoultonfarm@metrocast.com](mailto:robmmoultonfarm@metrocast.com) for details and reservations.

• **FREDERICK'S PASTRIES** One-time classes for kids and adults in cake decoration and design. Frederick's Pastries (109 Route 101A, Amherst, 882-7725) offers demonstrations regularly or by appointment. Check [pastry.net](http://pastry.net) or call to schedule.

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• **YMCA COOKING SEMINARS** Every first Monday at Nashua YMCA (24 Stadium Drive, Nashua), hosted by The Courville Communities' Executive Chef Greg Wadland and Pastry Chef Rejean Sheehy, 12:30-1:30 p.m. New theme each month with sample recipes, meal ideas, food substitution guidelines and more. Call 882-2011.



# Wine and dine

## New wines released at annual dinner

By Stefanie Phillips  
food@hippopress.com

A few weeks ago, I attended Hermit Woods Winery's third annual wine release dinner, which gives guests a chance to try the winery's newest wines. For the second year in a row, the winery worked with Chef Kevin Halligan of Local Eatery in Laco-

nia to offer a five-course meal, with each course paired with a Hermit Woods wine. The event started off with a wine tasting at Hermit Woods' new location in downtown Meredith.

"It was a really great opportunity for us to expand into this space," co-owner Bob Manley said.

Head winemaker and founder Ken Hardcastle said a fermentable landscape is in the works in front of the winery.

"We work with materials that grow well here," he said, noting they source as much as they can from local farms, growers, and in some cases, the wilderness. "We like to get out of the way of the ingredients and let them do their thing."

First was 2013 Lake House White, a wine that isn't bottled yet but will be available this summer. This white Burgundy-style wine is made from peaches, rhubarb, quince and rosehips. While that may sound like an unlikely combination for wine, the result is an engaging blend with nice peach flavors and acidity.

One new vintage this year is 2013 Lake House Red, a pinot noir-style wine Hermit Woods calls "the Burgundy of New Hampshire." It is made with whole organic blackberries, raspberries, elderberries and wild, low-bush blueberries, but it isn't sweet. It has a pleasant aroma of blueberries to start, but is rich with slight tannins on the finish.

In addition to these wines, we sampled 2013 Three Honey Wine, 2013 Petite Blue, Deep Blue out of the tank and 2012 Hermitage. The Hermitage is made with dark fruits that grow best right here in New Hampshire: organic black currants, wild low-bush blueberries and elderberries. You'd probably think this wine was made from grapes only if you were not told otherwise. It is dry but deep, with some developed tannins from barrel aging.

Following the tasting, we headed to Local Eatery, where we were greeted with a nice cold glass of Hermit Woods Cider. This beverage is only available at Local. It's not sickly sweet like some ciders; it is dry and smooth, made in the classic style.

Chef Kevin Halligan prepared a five-course meal, matching each dish with a Hermit Woods wine. Last year's meal was



outstanding, and this one was no different. I could probably write an entire column on the meal alone, but here are some of the highlights.

The first course was grilled quail with mixed greens and apple vinaigrette, paired with Crabapple Wine. This is the winery's most popular wine and maybe its best batch yet. Its tartness went beautifully with the vinaigrette and cut through the greasiness of the quail.

The second course was a diver scallop and sweet potato latke with lemon vinaigrette paired with Kiwi Wine. This wine is made from local kiwi berries, giving it a dry finish and qualities of a riesling or sauvignon blanc. This pairing was excellent and the scallop was delicious.

In the third course, we tried Three Honey Gold, similar to the Three Honey Wine, but barrel-aged to give it more viscosity and depth. Chef Kevin said this was his favorite wine and he paired it with a shrimp and pork skewer. This wine is so rich and smooth. I would have gladly enjoyed more.

The fourth course was filet mignon, mashed potatoes and asparagus paired with Caracol syrah. This is a deep, dark wine made from Chilean grapes. Hardcastle uses a partial whole cluster ferment, which brings out the character and depth of the grapes. This wine should be decanted before serving and is an ideal pairing for robust meats like filet.

The final course was probably my favorite and the most decadent. Chef Kevin paired chocolate goat cheese cheesecake with Melange, a fruit and honey mead made with whole blueberries, elderberries, blackberries and black currants. This wine is sweet and port-like and went well with the richness and chocolate in the cheesecake.

Hermit Woods Winery, located at 72 Main St. in Meredith, is open Wednesday and Thursday 1-5 p.m., Friday 1-6 p.m., Saturday 11 a.m.-6 p.m. and Sunday 11 a.m.-5 p.m. Visit hermitwoods.com.

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**DRINK**  
**RED, WHITE & GREEN**

Bottles for the budget-conscious wine-lover

It was a week of big flavors for both red and white wines.

For a white, we opened a bottle of the **2011 Vinum Cellars Chenin Blanc/Viognier** from California (\$15.95 from Angela's Pasta & Cheese in Manchester). As with reds, so with whites: Blends (in this case 85 percent chenin blanc, 15 percent viognier) often bring together the best qualities of each grape and provide a full, round flavor. This pale gold wine had aromas of light honey and lemon as well as floral notes. This full yet clean wine had some of that tangy honey flavor (but not necessarily the sweetness). This wine went well with a broccoli white pizza.

For a red, we tried the **2011 Writer's Block Cabernet Franc** from Lake County (\$17.99 from Wellington's Marketplace in Concord). This dark blood-red wine was a



bit tight when first opened but after a few minutes offered aromas of dark cherry and plum. This complex and deep-flavored wine had hints of raisin and spice. It was big but didn't have the chalkiness that you sometimes find in cab francs.

Each week in "Red, White & Green," the wine-lovers taste red and white wines that sell for not too much of the green, less than \$20. The goal? To find a good bottle without breaking the bank. Unless otherwise noted, the prices listed are what you'll find the bottles selling for at the New Hampshire Wine & Liquor Outlet.

#### Drink

##### Beer/wine/liquor tastings

- **GREAT RHYTHM BREWING CO** tasting on Thurs., June 19, from 6 to 8 p.m. at The Drinkery, 2 Young Road, Londonderry, 434-1012, thedrinkeryshop.com.
- **EUROBREW, HOLY GRAIL, ST PETERS, XINGU** tasting on Thurs., June 19, from 5 to 7 p.m. at The Beer Store, 433 Amherst St., Nashua, 889-2242, thebeerstorenh.com.
- **WHITE BIRCH BREWING** tasting on Fri., June 20, from 5 to 7 p.m. at The Beer Store, 433 Amherst St., Nashua, 889-2242, thebeerstorenh.com.
- **HENNIKER BREWING CO** tasting on Thurs., June 26, from 5 to 7 p.m. at Top Shelf Brews, 826 Lafayette Road, Hampton, 601-2894, topshelfbrewsstore.com.
- **PEAK** tasting on Thurs., June 26, from 5 to 7 p.m. at The Beer Store, 433 Amherst St., Nashua, 889-2242, thebeerstorenh.com.
- **GREAT RHYTHM BREWING CO** tasting on Thurs., June 26, from 5 to 7 p.m. at Lazy Dog Beer Shoppe, 27 Buttrick Road, Londonderry, 434-2500, lazydogbeer.com.
- **MOONLIGHT MEADERY** tasting on Fri., June 27, from 5 to 7 p.m. at The Beer Store, 433 Amherst St., Nashua, 889-2242, thebeerstorenh.com.
- **HARPOON** tasting Thurs., July 3, 5 to 7 p.m. at The Beer Store, 433 Amherst St., Nashua, 889-2242, thebeerstorenh.com.
- **GREAT RHYTHM BREWING CO** tasting on Thurs., July 3, from 5 to 7 p.m. at Top Shelf Brews, 826 Lafayette Road, Hampton, 601-2894, topshelfbrewsstore.com.

##### Beer/wine dinners

- **BEER DINNER** Tues., June 24, at 6 p.m. at Restaurant Tek-Nique (170 Route 101, Bedford, 488-5629, restaurantteknique.com) with three New Hampshire breweries. Reservations required.

##### Beer/wine festivals and special events

- **SIPPIN FOR SEALS** Thurs., June 19, from 6 to 8 p.m. at the Seacoast Science Center, 570 Ocean Blvd., Rye. Beer and wine tasting benefit for Marine Mammal Rescue and ocean education in NH, with food from local restaurants and cocktails. Cost \$50. Visit seacoastsciencecenter.org/events or call 436-8043, ext. 26.
- **NH CRAFT BEER WEEK** Sat., June 21, to Sat., June 28, celebrates locally brewed craft beer with tastings, beer dinners, and other events at various locations. See nhbeerweek.com.
- **TAP TAKEOVER** Thurs., June 26, from 8 to 10 p.m., at River Road Tavern, 193 S. River Road, Bedford, 206-5837, riverroadtavern.com.
- **WINE & ROSES GARDEN PARTY** Thurs., June 26, from 4 to 7 p.m. at Uncanoonuc Mt. Perennials, 452 Mountain Road, Goffstown. Wine tasting and hors d'oeuvres. Cost \$30. Visit uncanoonucmt.com.
- **NEW ENGLAND BREWFEST** Fri., June 27, through Sun., June 29, at the Lincoln Village Shops on Main Street in Lincoln. Craft beer education programs, tastings, vendors, live entertainment, information on homebrewing and workshops,

and farm-to-table beer dinner on Fri., June 27, at 7 p.m. at Woodstock Station & Brewery. Ticket prices vary; Saturday Night ON TAP tickets cost \$40 for general admission and \$60 for VIP admission. Visit nebrewfest.com.

• **SEACOAST RED, WHITE AND BREW FESTIVAL** Sat., July 5, at the Portsmouth Sheraton, 250 Market St., Portsmouth. Craft brews and food from seacoast eateries in two sessions; from noon to 3 p.m. and from 5 to 8 p.m. Tickets for one session period cost \$40. Visit tickets.beerfests.com/event/Seacoast-RedWhiteandBrewFestival.

• **AUTHOR EVENT** Brian Aldrich and Michael Meredith, authors of *New Hampshire Beer: Brewing from Sea to Summit*, will be at Water Street Books (125 Water St., Exeter) on Tues., July 8, at 7 p.m.; Toadstool Bookshop (222 West St., Suite 38, Keene) on Fri., July 18, at 7 p.m.; and at Gibson's Bookstore (45 S. Main St., Concord) on Thurs., Aug. 21, at 7 p.m.

##### Beer/wine tasting classes

• **WINE 101 WITH SVETLANA** Learn how to talk to sommeliers, selecting dinner wines, wine language and decanting among other wine topics. The class includes a tasting of six wines, with artisan cheeses, salami, bread and chocolate. Each class costs \$50; sign up for one or more. Registration required. Classes meet on Fridays through Fri., Sept. 5, from 6:30 to 8:30 p.m. at WineNot Boutique, 170 Main St., Nashua, 204-5569, winenotboutique.com.



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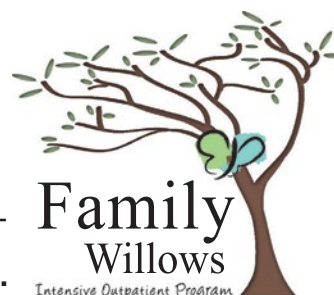
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• Seun Kuti & Egypt 80, *A Long Way to the Beginning* A

• Hundred Waters, *The Moon Rang Like a Bell* A

• *Spartan Up! B*

• Top 10

• Children's Room

• Out Next Week

Includes listings for lectures, author events, book clubs, writers' workshops and other literary events.

To let us know about your book or event, e-mail Kelly Sennott at [ksennott@hippopress.com](mailto:ksennott@hippopress.com). To get author events, library events and more listed, send information to [listings@hippopress.com](mailto:listings@hippopress.com).

• *22 Jump Street* B+

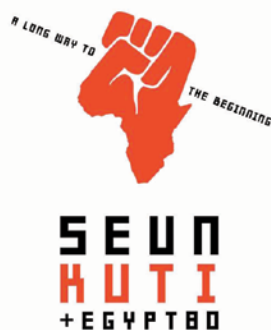
• *How to Train Your*

*Dragon 2* C

# POP CULTURE

MUSIC, BOOKS, GAMES, COMICS, MOVIES, DVDS, TV AND MORE

## Seun Kuti & Egypt 80, *A Long Way to the Beginning* (Knitting Factory Records)



Seun inherited the Egypt 80 band at age 14, after his father, Afrobeat pioneer Fela Kuti, died of AIDS complications in 1997. Being that Seun had the very real choice to become an African soccer star, the rebirth — such as it is — of Afrobeat hung in the balance until Seun decided to press on with the genre's most famous band. The new LP is, thankfully, next-generation in every respect, beginning with the digitally captured tightness of the band, machine-gunned horn blasts accompanying a newer, angrier frontman in Seun, who trots out rapper M-1

## Hundred Waters, *The Moon Rang Like a Bell* (OWSLA Records)



to bolster his anti-corporate message in album opener "IMF" (the first word in the acronym is "International;" you can guess the rest). Like his father, Seun is painfully aware his people are getting the shaft and little has changed, but he does continue to fight the same sort of brainless money-suckers who probably murdered his grandmother when Fela released *Zombie* in 1976. All cool, that, but, in keeping with the dichotomy, it's still musically joyful (especially "Ohun Aiye" and "Kalakuta Boy") (OK, I mean all of it). **A** — *Eric W. Saeger*

Being new to this Gainesville tour-de-hipster quartet, I didn't expect to get much out of this record upon hearing the first couple of typically disposable plastic-coated hook-phobic tunes, which made me think of Dale Earnhardt Jr. Jr. with a girl singer, for the most part. As the tracks progressed, though, I held out hope for some decent trip-hop, but it eventually went deeper than that. Like way deeper. Eventually the songs slow to become abstracts on the subject of ink being slowly mixed into water, amniotic strokes that lend credence to band

co-leader Trayer Tryon's claim that he was trying to recreate the experience of tinnitus. This record becomes fascinating, after a while, due in no small part to singer Nicole Miglis's checklist of weird chick singers she can nick, most prominently Bjork, of course, but she can also zone in on Annie Lennox (on the wildly soaring "Innocent," which ends with a creative ham-radio-sounding bit of Chinese-folk), and an absolutely decimated Kate Havnevik on the deep-cavitation hearing-test "Broken Blue," which leads into the even-weirder "Chambers (Passing Train)," possibly the most desolate thing on board. Good, agreeable stuff here, like a sort of anti-dubstep for the slackest of slackers. **A** — *Eric W. Saeger*

## PLAYLIST

*A seriously abridged compendium of recent and future CD releases*

• Summer's definitely coming, according to the calendar, so your iPod is really going to need some acid-washed, state-of-the-art funk, if you have any plans to be thought of as a cool funky person. The most acidic and annoyingly current thing is **Black Bananas**, a crew fronted by Royal Trux's Jennifer Herrema, whose full-length *Electric Brick Wall* album streets on Tuesday, spotlighting the single "Physical Emotions," a no-brained funk-adelic tune that kind of comes off like what you'd hear if LCD Soundsystem went on Prince-listening binge. Not much to the song as far as a hook or whatnot, but the vibe is all about making-out-under-the-rollercoaster-tracks, so who cares, catchy music is dead anyway. Were you born in the 1920s or something?

• I've heard some of **M. Geddes Gengras's** stuff before, and it made me think of Alvin and the Chipmunks trying to be nu-rave hipsters, and thus I became annoyed and had to go walk it off and stress-eat for a while. *Ishi* is the upcoming new album from this ambient-experimental artiste, but there are no advance singles that I could find, which is good, because stress-eating isn't my friend these days. The album is named after the "last-known wild American Indian" to pop his head into the modern world, in 1911, to be exact. He probably ran back to the forest upon realizing that techno music was going to have some massive growing pains. That'd be my guess.

• *What Is This Heart* is the third album from Pitchfork darling **How to Dress Well**, a one-man band consisting of someone named Tom Krell, who jump-started his self-serving sort-of-rock-star career by giving away his EPs for free on the internet. "Words I Don't Remember" is the rope-in single, a ghostly weirdo tune that starts off all cold and stupid, like Sigur Ros, but then he throws out some funky Jamie Lidell vocals, probably because it's summer, and he has to compete with all the other refried funk destined to harsh my jazz mellow as it gets unbearably hot out.

• Here's an annoying one, a six-piece hayloft-indie band from Wisconsin called **Phox!** Their self-titled debut LP will include the single "Slow Motion," which has clarinet in it, ruining all the Sia Fuller chill that could have made the song tolerable. Clarinet spells rebellion, you see, in an indie landscape that didn't alienate all the normal people through the use of stupid xylophone sounds. Clarinet is the new Flying V. Anyone else ready for a few decades of hypersleep at this point? — *Eric W. Saeger*

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# Champion trees

Epping author's quest to find the state's biggest

By Kelly Sennott  
ksennott@hippopress.com

You don't have to go to California to get your big-tree fix. Kevin Martin shows off the Granite State's own, including seven national champions, in his new book, *Big Trees of New Hampshire*.

"We can't compete with the trees out west, but we do have some very large hardwood trees in the state," Martin said in a phone interview. "Through the book, I encourage getting to know the different types of trees in the state. Red Pine isn't a huge tree, but once you see them on different hikes, the state champion [the largest in New Hampshire] is impressive."

Measured by height, circumference and average crown spread, the Granite State holds the largest Eastern White Pine, Pitch Pine, Sweet Birch, Black Spruce, Staghorn Sumac, Carolina Silverbell and American Mountain Ash in the entire country.

Granted, they're not as enormous as the country's largest Redwoods and Sequoias, but the state's biggest Pitch Pine and its enormous Black Spruce are impactful in their own right.

Martin, who grew up in Portsmouth and lives in Epping, has been enamored with trees big and small for years. At first it was because they're a prime source for lumber; you can't help but admire and respect large trees when you've been a carpenter and boatbuilder for more than 30 years.

But it was his time on the Epping Conservation Commission and then the Lamprey River Advisory Committee that made him appreciate the trees as they are, and it was through his service that he discovered the New Hampshire Big Tree program, which recognizes and records the state's biggest.

There are currently about 700 recorded state champions, but when Martin first started delving into Big Tree's data, much of the information he found was outdated. Many of the big trees hadn't been measured since the '70s or '80s.

"There was never a clear direction of where these trees were [but] it was known which properties they were on, so I decided I'd go out and look for them. It took quite a bit of searching," Martin said.

This was three years before the book's publication. Initially, his effort was to help with the state Big Tree program, which is part of a national Big Tree database. After a year and a half, he decided to illustrate his labor in a book.

"It's something I just grew to like doing that I thought other people would enjoy," Martin said. "People will hike through the woods to see a lake or a mountain, but now they can go



Kevin Martin and a New Hampshire giant Red Oak. Courtesy photo.

## Meet Kevin Martin

**Where:** Toadstool Bookshop, 614 Nashua St., Lorden Plaza, Milford

**When:** Saturday, June 21, at 2 p.m.

**Contact:** kevinmartin.wcha.org/bigtrees.php

do something else in the woods, too."

*Big Trees of New Hampshire* is comprised of 28 hikes to 85 of the largest trees on New Hampshire public land or in cities. Included are maps, GPS coordinates, clear directions, historical/geographical background, and, if significant, what the tree is used for. (White Ash, for instance, makes baseball bats, hockey sticks and snowshoes.)

Scattered among the hike descriptions are photos he took during the adventure. On the cover are pictures of his grandchildren, and inside are images of more family members, foresters and others who accompanied him in the tree hunts.

His top three hikes? First, the trek to the state champion Northern White Cedar in Clarksville, which is decorated with claw marks made by black bears.

"To mark their part of the world, these big animals stand on their hind legs and reach as high as they can, then claw and bite the trees," Martin wrote in the book.

The White Ash, Red Oaks and Paper Birch in Forest Lake State Park are worthy visits because of their scenic route (plus, they're all close to one another), and so are the trees within Martin's Portsmouth Big Tree Tour, which stops at nine within the city.

"Lots of people who enjoy woodworking in the state will be impressed by the lumber and the trees that they come from. But it also seems like there are quite a few people who just like to get out and see the trees, without knowing much about them," Martin said.

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# TOP 10 Biographies

For the week of June 1  
(barnesandnoble.com)

- 1 **Special Heart: A Journey of Faith, Hope, Courage and Love**  
By Bret Baier, Jim Mills (With)  
Hardcover, June 3, 2014  

- 2 **I Know Why the Caged Bird Sings**  
By Maya Angelou  
Mass Market Paperback, April 2009
- 3 **Hard Choices**  
By Hillary Rodham Clinton  
Hardcover, June 10, 2014
- 4 **The Closer**  
By Mariano Rivera, Wayne Coffey (With)  
Hardcover, May 2014
- 5 **Killing Patton: The Strange Death of World War II's Most Audacious General**  
By Bill O'Reilly, Martin Dugard  
Hardcover, Sept. 23, 2014
- 6 **Unbroken: A World War II Story of Survival, Resilience, and Redemption**  
By Laura Hillenbrand  
Hardcover, November 2010
- 7 **Growing Up Duggar: It's All About Relationships**  
By Jill Duggar, Jinger Duggar, Jessa Duggar, Jana Duggar  
Hardcover, March 2014
- 8 **The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics**  
By Daniel James Brown  
Paperback, May 2014
- 9 **Can't We Talk about Something More Pleasant? A Memoir**  
By Roz Chast  
Hardcover, May 2014
- 10 **John Wayne: The Life and Legend**  
By Scott Eyman  
Hardcover, April 2014

**Spartan Up!**, by Joe De Sena with Jeff O'Connell (Houghton Mifflin Harcourt, 195 pages)

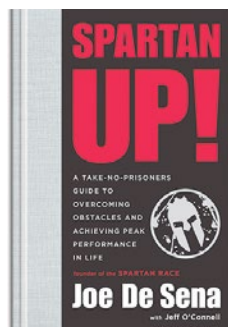
Joe De Sena — an athlete yes, but above all a marketer — understands that there's a finite number of people who will enter a race with a website called Youmaydie.com.

After all, those who thrive on extreme adrenalin at risk of death have another way to indulge — it's called the U.S. Army Infantry and the benefits are great. Conversely, De Sena's "Death Races" offer no combat pay. So, to create a global empire of grueling obstacle-course races requires a major scaling down so as to appeal to people in no mood to die. Enter the Spartan Race. You could die there, too, but the odds are not as great.

To explain the whole business of extreme racing and what motivates participants, De Sena wrote *Spartan Up!*, which nicely doubles as infomercial. In the tried-and-true template of books written by athletes, De Sena begins with an anecdote of hardship on a course. In this one, he is competing in a six-day endurance contest in Quebec: 350 frozen miles, mid-winter.

Things don't go according to plan. Expletives, misery and hallucinations ensue. But then, a revelation: "An inverse correlation links how miserable you feel in the race, and how great you feel after it, so you can bet I felt like a million bucks afterward. When you break through the other side of hell and finish an event that did not seem possible, that stopped you in your tracks over and over, something happens. You feel accomplished, incredibly proud of yourself, and in some ways, a different person."

Most importantly, the experience creates "a new frame of reference," a lens through



which everyday irritations suddenly seem trivial. This is the true value of the Spartan race, De Sena explains, in addition to the healthy living that training for one demands.

While De Sena approaches endurance sports with a zeal approaching fanaticism (which is just three hallucinations away from crazy), give him credit for noting and acknowledging

the raised eyebrows which the Spartan craze can inspire. He gets that this stuff is abnormal. "Why do I, and others like me, run these incredibly demanding races, taking on courses that could destroy us and, at a minimum, make us feel helpless at times? Didn't we invent cars, air conditioning, and elevators precisely so we wouldn't have to endure stuff like this?"

Well, yes. But the downside of modern conveniences and comfort is that they've turned us into a flaccid, whiney people who combust at the tiniest of irritations: a driver cutting us off or a long line at the grocery store. Short of joining the Marines, what's the solution? "I believe that confronting these insane obstacles is the best way to rewire a human brain after years or even decades of coddling, predictability, and excuses," De Sena writes.

A married father of four who lives on an organic farm in Pittsfield, Vt., De Sena still puts on Death Races ("as much an exorcism as it is a foot race") but is largely consumed with the four levels of Spartan races (from a 3-mile race to a marathon) and management of what his publicity calls "a multi-million-dollar global lifestyle company." Alarming, he also has time to parent. His children do kung fu for an hour at 5:45 a.m. and only watch television if it's in Mandarin. A sequel called "Growing Up Spartan" seems inevitable, if not "How to Turn Kids Against You."

De Sena himself has struggled with parental issues; although he dedicates the book to his parents, he writes of his "troubled relationship" with his father and the turmoil resulting from his parents' divorce. But, he says, "It's okay to respond to emotional pain from childhood with positive addictions and a keen sense of self-improvement. As adults we are too often paralyzed by such antiquated anguish, and we find ourselves repeating the same mistakes hundreds of times because we are ruminating over that which we have no power."

The "easiest" of the Spartan races, the 5K sprint, has 15 or more obstacles to overcome, which may include jumping over fire, throwing a spear, running with sandbags and water jugs, and crawling under barbed wire in mud. (They say "may" include because the course is not announced in advance. Part of the Spartan philosophy is being prepared for the unexpected.)

The company claims that 99 percent of Sprint participants finish; if they can't get through an obstacles, they can take a penalty — 30 "burpees," the four-step squat thrust. For those who don't read the book, Spartanrace.com promises a reason for all this: "You'll know at the finish."

For the genre, *Spartan Up!* is solid, occasionally reflecting the author's Cornell education and what seems to be an authentic desire not just to sell race bibs, but to return to some sort of pre-technology utopia, wherein we all eat like our grandparents did, and get off the damned screens and go outside and get dirty and fit. The book might have benefited from a sober chapter about the real Spartans, who get short shrift here despite the title. But since the ancient warriors left infants to die on hillsides and conscripted 7-year-olds, maybe we'd better not look too closely at those we emulate. But as a role model, Joe De Sena has something to offer anyone who sees "normal" as a negative. **B**

— Jennifer Graham

## CHILDREN'S ROOM

A weekly recommendation from the Concord Public Library

### The Golden Day

by Ursula Dubrosarsky, 2013  
(Young Adult Fiction, grades 7 and up)



Eleven girls go on a field trip to a nearby public garden but later in the day return without their teacher. Miss Renshaw, who has warned them to keep the trip a secret, vanishes along with the garden's groundskeeper. A somewhat disturbing yet intriguing look at friendship, secrets and growing up.

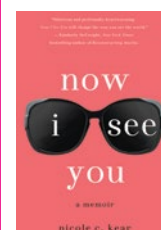
## OUT NEXT WEEK

**Now I See You**

By Nicole C. Kear

Hits shelves: June 24

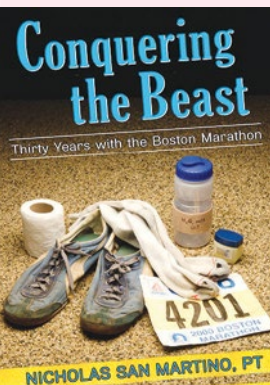
**Author best known for:** Contributing essays and articles about parenting to magazines like *Parents* and *American Baby*



**One-sentence review:** "Kear is earthy and daringly frank in this never-boring, unusually illuminating account of living with diminishing sight as she, ultimately, takes a refreshingly glass-half-full approach to life." — Booklist



# Book Report



## • Conquering the beast:

For some runners, qualifying for and running the Boston Marathon is a life goal. Nicholas San Martino, a Vermont physical therapist who used to coach track in Milford, has done it 30 times, 26 of which were run in consecutive years. His book *Conquering the Beast: Thirty Years With the Boston Marathon* provides an insider's view of the race, in

addition to strategies and tips for beginners and experienced runners; a training program; energy drink recipes; a before-race eating guide; and his account of the bombing in 2013. At age 58, he continues to run. He'll talk about the book at the Toadstool Bookshop, 619 Nashua St., Lorden Plaza, Milford, on Saturday, June 28, at 2 p.m. Call 673-1734 or visit [toadbooks.com](http://toadbooks.com).

• **Teen author's *Witch Market*:** Catherine Geiger is just 18 years old, but the Durham native has already finished writing her first published novel, courtesy of Piscataqua Press. The book, *The Witch Market*, takes place in a future New England when outdated culture is disposed of. Only a small group of people, called the Snitches, work to conserve the artifacts, hoarding them in what's called the Witch Market. Geiger will talk about her book this Thursday, June 19, at 7 p.m., at the Durham Public Library, Madbury Road, Durham; at RiverRun Bookstore, 142 Fleet St., Portsmouth, on Sunday, June 22, at 4 p.m.; and at Main Street Makery, 42 A Main St., Durham, on Saturday, Aug. 23, from noon to 2 p.m.. Books are available at RiverRun Bookstore, at all book appearances and on Amazon.

• **Joe Smiga's sequel:** Manchester writer Joe Smiga recently wrote a sequel to his first book, *A Cowboy's Vengeance*, called *Silver Lake's Transformation*. It occurs in a small town in Utah called Silver Lake in the "vintage west," and tackles how a town's changes can strongly affect the lives of locals. The book is available at amazon.com and barnesandnoble.com. — *Kelly Sennott*

1734, visit [toadbooks.com](http://toadbooks.com).

• **BEATRIZ WILLIAMS** talks about *The Secret Life of Violet Grant* Sat., June 21, at 11 a.m., at Toadstool Bookshop, 12 Depot Sq., Peterborough, 924-3543, [books@ptoad.com](mailto:books@ptoad.com).

• **DAN SZCZESNY** will talk about his book, *The Adventures of Buffalo and Tough Cookie* Tues., June 24, at 7 p.m., at the Smyth Public Library, 55 High St., Candia; on Sat., June 28, at 10 a.m., at Bayswater Books, 12 Main St., Center Harbor; Wed., July 2, at 7 p.m., at the Hopkinton Town Library, 61 Houston Drive, Hopkinton; at the Margret and H.A. Rey Center, 35 Village Road, Waterville Valley, on Fri., July 11, at 8 p.m. Visit [buffalo-andtoughcookie.wordpress.com](http://buffalo-andtoughcookie.wordpress.com).

• **JULIE WU** joins Gibson's Bookstore, 45 S. Main St., Concord, on Wed., June 25, at 7 p.m., to talk about *The Third Son*.

• **NICHOLAS SAN MARTINO** gives insider view of Boston Marathon with *Conquering the Beast: Thirty Years With the Boston Marathon* at Toadstool Bookshop, 614 Nashua St., Lorden Plaza, Milford, Sat., June 28, at 2 p.m. Call 673-1734, visit [toadbooks.com](http://toadbooks.com).

• **SUE MILLER** talks about her newest novel, *The Arsonist*, at Gibson's Bookstore, 45 S. Main St., Concord, on Mon., June 30, at 7 p.m. Visit [gibsonsbookstore.com](http://gibsonsbookstore.com).

• **ADI RULE** NH native and author talks about newest YA novel *Strange Sweet Song* on Sun., June 29, at 2 p.m., at Main-Street BookEnds, 16 E. Main St., Warner, 456-2700, [mainstreet-bookends.com](http://mainstreet-bookends.com).

• **REBECCA MAKKAÏ** talks about *The Hundred-Year House* on Wed., June 30, at 7 p.m., at Gibson's Bookstore, 45 S. Main St., Concord, [gibsonsbookstore.com/event/rebecca-makkai](http://gibsonsbookstore.com/event/rebecca-makkai). Call 224-0562, visit [gibsonsbookstore.com](http://gibsonsbookstore.com).

• **JOSHUA MEHIGAN** is a featured reader on Thurs., July 10, 6:30-8:30 p.m., during the Hyla Brook Series at Frost Farm, 122 Rockingham Road, Derry. Free event, open mic to follow readings. His new book, *Accepting the Disaster*, comes out in July.

• **SUE MILLER** bestselling author of *The Good Mother* and *The Senator's Wife* presents her new book *The Arsonist* on Tues., July 1, at 7 p.m., at the Music Hall Loft, 131 Congress St., Portsmouth. Visit [themusichall.org](http://themusichall.org), call 436-2400. Tickets \$40, includes hardcover copy of book, book signing meet-and-greet and bar beverage.

• **BRENDAN DUBOIS** talks about newest Lewis Cole mystery *Fatal Harbor* Thurs., July 17, at 7 p.m., at Mary E. Bartlett Public

19, at the Durham Public Library, Madbury Road, Durham; Sun., June 22, at 4 p.m., at RiverRun Bookstore, 142 Fleet St., Portsmouth; Sat., Aug. 23, noon-2 p.m., at Main Street Makery, 42A Main St., Durham; and Wed., Sept. 10, at Rochester Public Library, 66 S. Main St., Rochester.

• **ELIZABETH MURRAY** discusses and signs her new book *Living Life In Full Bloom: 120 Daily Practices to Deepen Your Passion, Creativity and Relationships* at the Toadstool Bookshop, Peterborough, 12 Depot Sq., Peterborough, 924-3543, on Fri., June 20, at 4 p.m.

• **KEVIN MARTIN** talks about *Big Trees of New Hampshire* on Sat., June 21, at 2 p.m., at Toadstool Bookshop, 614 Nashua St., Lorden Plaza, Milford. Call 673-

## Author events

• **KURT SPRINGS** presents new SF novel *Price of Vengeance: A Dreamscape Warriors Novel* Thurs., June 19, at 6 p.m., at Toadstool Bookshop, Lorden Plaza, Milford. Call 673-1734, visit [toadbooks.com](http://toadbooks.com).

• **JEREMY BUSHNELL AND RACHEL CANTOR** read from and discuss their new books, *The Weirdness* and *A Highly Unlikely Scenario*, respectively, Fri., June 20, at 7 p.m., at Gibson's Bookstore, 45 S. Main St., Concord.

• **LAMA MARUT** reads from and discusses new book, *Be Nobody*, Fri., June 20, at 1 p.m., at RiverRun Bookstore, 142 Fleet St., Portsmouth. Call 431-2100, visit [riverrunbookstore.com](http://riverrunbookstore.com).

• **CATHERINE GEIGER** 18-year-old talks about her novel, *The Witch Market*, Thurs., June



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## Meet the Authors!

### June 19<sup>th</sup> 7PM — Wounded Warriors



*'A Soldier's Story of Healing through Birds: Robert Vallieres struggled to find his new normal when he returned home after serving in the military. An accident in Kuwait left him suffering from traumatic brain injuries.'*

### June 25<sup>th</sup> 7PM — Julie Wu



*'The Third Son.'* "In the middle of a terrifying air raid in Japanese occupied Taiwan, Saburo, the least favored son of a Taiwanese politician, runs through a peach forest for cover and meets someone who will change his life."

### June 26<sup>th</sup> 7PM — The Widows' Handbook



*'Poetic Reflections on Grief and Survival'* Prominent New Hampshire authors will read from the first-ever anthology poems by contemporary widows.

### June 30<sup>th</sup> 7PM — Sue Miller



*'The Arsonist.'* A superb new novel about a family and a community tested when an arsonist begins setting fire to homes of the summer people in a small New England town. Sue joins us in the store to discuss her new book.

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## THE TOADSTOOL BOOKSHOPS

### Kevin Martin At our Milford store

Sat, June 21st  
at 2pm



Lace up your boots. Kevin presents his new outdoor guide, *BIG TREES of New Hampshire: Short Hikes to the Biggest Trees from the Seacoast to the North Country*.

### Nicholas San Martino At our Milford Store

Sat, June 28th  
at 2pm



The former Milford HS track coach visits to talk about and sign his insider's view to training and running the Boston Marathon, *Conquering the Beast*. Come say hello!

### We Are Called To Rise by Laura McBride

This is a story about a child's fate that reminds us to think about our responsibilities to each other, even in our darkest moment.

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### The Rise & Fall of Great Powers by Tom Rachman

Leaping between decades, this is a breathtaking novel about long-buried secrets and how we must choose to make our own place in the world. (Dial, Our Price \$21.60)



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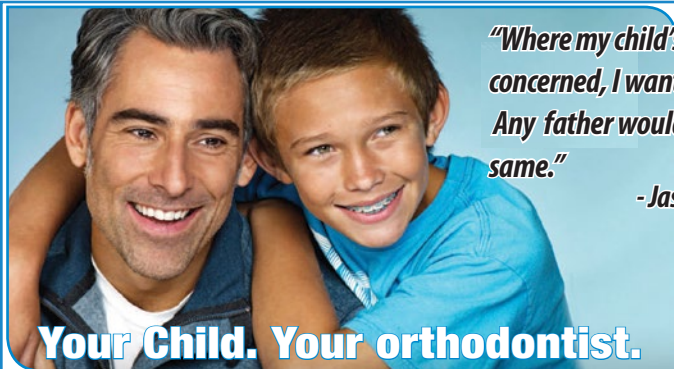
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# WHAT CAN YOU DO IN 48 HOURS TIME?

This weekend, filmmakers from all over the state of New Hampshire will be competing in the 48 Hour Film Project, a competition to see who can make the best short film within two days time. The winning entries will go up against films from all over the world in the national event. The results from the New Hampshire event will be screened on Wednesday, June 25, at 6:30 and 9:30 p.m. at Cinemagic & IMAX in Hooksett, 1226 Hooksett Road, Hooksett (\$10 admission). Then, a month later — once the judges have had their say — there will be a screening on Thursday, July 24, at 7 p.m., also at Cinemagic & IMAX. Here, viewers will see the Film Project's best entries and also the award-winners. This event also has a \$10 admission. Visit [48hourfilm.com/en/newhampshire](http://48hourfilm.com/en/newhampshire).

Library, 22 Dalton Road, Brentwood, 642-3355; Tues., Sept. 9, at 7 p.m., at RiverRun Bookstore, 142 Fleet St., Portsmouth, 431-2100.

#### Lectures and discussions

• **ROBERT VALLIERES** NH vet's story of healing who found peace working with wounded birds at NH Audubon Society, live raptor present at event Thurs., June 19, at 7 p.m., at Gibson's Bookstore, 45 S. Main St., Concord. Call 224-0562, visit [gibsonsbookstore.com](http://gibsonsbookstore.com).

• **AN EVENING WITH ROBERT REDFORD** at Middlesex Community College at Lowell Memorial Auditorium (50 Merimack St., Lowell, Mass.) on Fri., June 20, at 8 p.m. Tickets \$45-\$65.

• **THE STORIES THEY COULD TELL** guided tours of Portsmouth's historic neighborhoods, start at the Discover Portsmouth Center, 10 Middle St., Portsmouth, at 1 p.m., 436-8433, \$15. Tours on Sat., June 21; Sat., July 19; Sat., Aug. 9; Sat., Sept. 20; and Sat., Oct. 18. Email [laura@portsmouthhistory.org](mailto:laura@portsmouthhistory.org).

• **AUSTENMANIA: THE APPEAL OF THE REGENCY NOVELIST IN THE 21ST CENTURY** at Wadleigh Memorial Library, 49 Nashua St., Milford, 249-0645, Tues., June 24, at 7 p.m. Surveys ways in which Jane austen has been commoditized the past 15 years, led by Stephanie Harzewski, lecturer at UNH. Free. Call RSVP.

• **SQUARE FOOT GARDENING** free program at Derry Public Library, 64 E. Broadway, Derry, Sat., June 28, at 1:30 p.m., presented by Lorrie O'Connor, master gardener of Rockingham County. How and why to build a "square foot garden," followed by practical demonstration. Kids welcome. No registration required. Call 432-6140.

#### • DEBUNKING OLD WIVES' TALES

program at the Nashua Public Library, 2 Court St., Nashua, 589-4610, Tues., July 29, at 7 p.m. Dr. Noemi Custodia-Loria, assistant dean at Northern Essex Community College, presents the real answers to questions like: is it dangerous to hold your sneeze? Does cracking your knuckles cause arthritis? Does eating carrots really improve your vision? Free event. Visit [nashualibrary.org](http://nashualibrary.org).

• **A LATTE LABORATORY AT YOUR LIBRARY** learn "The Science of Coffee" presented by Steve Ruddock, coffee roaster/owner of Riverwalk Cafe, and Jed Crook, head barista, at the Nashua Public Library, 2 Court St., Nashua, 589-4610, on Tues., July 1, at 7 p.m. Free, open to public, registration required; visit [tinyurl.com/npladults](http://tinyurl.com/npladults), call 589-4610.

#### Book discussions

• **AMHERST TOWN LIBRARY** Wednesday afternoon book club meets on the second Friday of the month at the library, 1-3 p.m. Visitors and/or new members always welcome (call in advance). Amherst newcomers group meets Thursday evenings at 7:30 p.m.

• **CANDIA SMYTH PUBLIC LIBRARY** book discussion group meets for friendly one-hour discussion once a month. The library is at 55 High St., Candia, 483-8245, [smythpl.org](http://smythpl.org).

• **GOFFSTOWN LIBRARY** evening book group meets the first Tuesday of the month, open to any interested teen or adult. "Literary ladies"/afternoon book discussion group meets the third Wednesday of each month at 1 p.m. Call 497-2102.

• **HOOKSETT LIBRARY** book group generally meets on the third Thursday of the month. New members always welcome.

#### • HOLLIS SOCIAL LIBRARY

hosts a book discussion group on the third Tuesday of every month at 9:30 a.m. in the library meeting room. No signup required. Mother/daughter book club on the third Wednesday of every month at 6 p.m. For girls grades 4-8 and their mothers.

• **HOOKSETT LIBRARY** tween book group for sixth- and seventh-graders meets certain Wednesdays; sign up online.

• **KELLEY LIBRARY** Book Group meets on the last Wednesday of the month at 7 p.m. The nonfiction book group meets on the second Wednesday of the month at 7 p.m.

• **LACONIA PUBLIC LIBRARY** (695 Main St., Laconia, 524-4775, ext. 15) hosts a "Novel Time at the Library" book discussion series.

• **MANCHESTER CITY LIBRARY** evening book discussion group meets on the second Thursday of the month at 7 p.m. in the Hunt Room. Brown Bag Book Club meets on the last Tuesday of the month from 12:15 to 1:30 p.m. in the Hunt Room. Bring lunch. Call 624-6550, ext. 319.

• **MERRIMACK PUBLIC LIBRARY** hosts a book discussion group at 7 p.m. on the third Wed. of each month from Sept. through June. These programs are free and open to the public, no registration required.

• **NASHUA NOVEL READERS** group meets monthly on a Thursday at 7 p.m. at the Nashua Public Library. Call 589-4610 or email [carol.eyman@nashualibrary.org](mailto:carol.eyman@nashualibrary.org).

• **PEMBROKE TOWN LIBRARY** book discussion group meets on the second Wed. of each month at 6:30 p.m.

• **RODGERS LIBRARY** in Hudson afternoon book discussion group meets the third Tues. of the month. Call 886-6030, email [askus@rogerslibrary.org](mailto:askus@rogerslibrary.org), visit [rogerslibrary.org](http://rogerslibrary.org).





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[www.graniteymca.org](http://www.graniteymca.org)

092133



**22 Jump Street (R)**

Jonah Hill and Channing Tatum suit up for another adventure in drugs and education in **22 Jump Street**, a delightfully, elegantly stupid follow-up to the 2012 comedy.

Police officers Schmidt (Hill) and Jenko (Tatum) are still going undercover and hunting down bad guys, only now they're doing it in the digital classroom. Though bummed by their limited opportunity for car chases and bad guy arrests, Schmidt and Jenko do get a chance to arrest the Ghost (Peter Stormare), a big-time local drug dealer. Just as in the last movie's early scenes, they almost but don't quite succeed, leading to another conversation in the office of Deputy Chief Hardy (Nick Offerman).

And actually, "just as in the last movie" is their new assignment. Hardy wants the boys to reassume their identities as brothers and head to the local college to break up a drug network selling a dangerous study aid to students. Hardy explains their last assignment did surprisingly well and now they've received a big budget increase to do exactly the same thing again, which is what everybody wants to see.

Though that scene perfectly lays out the movie's ruling principle — let's make a big-budget sequel so terribly sequely that it's awesome — you don't actually need to get that far into the movie to understand where it's going. The "previously on *Jump Street*" sequence that starts the film does a pretty good job of



22 Jump Street

setting the tone, as do little moments throughout the movie, such as when, during a search for a suspect with a specific tattoo, Jenko identifies one possible villain only to have him show off his tattoo of a red herring, which, he explains, is the team mascot of Plainview.

More jokes about the obvious advanced age of Jenko and Schmidt (the actors are 30 and 34 respectively), more observations of what obvious narcs they are, more tough-guy cop-isms from the mouth of Ice Cube's Capt. Dickson. This movie takes the Michael Bay approach of making explosions explode and applies it to comedy, taking everything that was ecstatically dumb about the first movie

and doubling down on it.

The movie gets away with this much willful goofiness in part because of the sparkling chemistry between Hill and Tatum. They are here — as in all marketing I've seen for the movie — adorable together, which the movie gleefully exploits by giving their partnership all the beats of a romantic relationship: one wants something more, the other one fears abandonment, a bromantic rival to Schmidt for Jenko's affections appears in the form of Zook (Wyatt Russell). A football player and member of one of the college's frats, Zook woos Jenko into the bro lifestyle, leading to a further rift between Jenko and Schmidt, who

finds he isn't as immediately popular in "college" as he was in the last movie's "high school." Schmidt does meet Maya (Amber Stevens), a girl he bumps into at a slam poetry night (one of the activities where he thinks he'll find the drug's supplier). Maya's presence is, in part, a counterbalance to the new friends Jenko is making.

Maya's character development is another example of the movie's ability to balance the genre (cop action movie) with the satire of same. It is pretty clear that her character is going to be something more than we initially thought and the movie makes that pay off pretty well. In fact, just about everything pays off pretty well, from the goofy drug plot to the suggestions of another sequel — which is answered in one of the best end-credits sequences ever.

Through it all, Tatum and Hill hold the tone together. The movie is loose and over the top without ever feeling out of control. It can revel in its stupidity because a fair amount of smarts keeps the story together. **B+**

*Rated R for language throughout, sexual content, drug material, brief nudity and some violence. Directed by Phil Loraine and Christopher Miller with a screenplay by Michael Bacall and Oren Uziel. Cast includes Michael Bacall and Oren Uziel. Play by Michael Bacall and Oren Uziel. Directed by Phil Loraine and Christopher Miller. Screenplay by Michael Bacall and Oren Uziel. Story by Michael Bacall & Jonah Hill. 22 Jump Street is an hour and 52 minutes long and is distributed by Columbia Pictures and MGM.*

**REVIEWLETS**

\* indicates a movie worth seeing. For reviews of graded films, go to [hippopress.com](http://hippopress.com)

**Opening soon:**

**June 20:** *Think Like a Man Too* (PG-13) stars Kevin Hart, Gabrielle Union and Wendi McLendon-Covey; *Jersey Boys* (R) Clint Eastwood directs this adaptation of a popular musical.

**June 27:** *Transformers: Age of Extinction* Michael Bay gives the franchise another shot with this reboot starring Mark Wahlberg;

**July 2:** *Tammy* (R) stars Melissa McCarthy, who also co-wrote this promising-looking road trip comedy with her real-life husband Ben Falcone (who also directs); *Deliver Us From Evil* (R) This horror movie stars Eric Bana; *Earth to Echo* (PG)

has shades of ET and Goonies (if the trailers can be believed) in this story of kids who find alien technology.

**July 11:** *Dawn of the Planet of the Apes* Andy Serkis returns in this sequel to the 2011 movie; *The Fluffy Movie* features comedian Gabriel "Fluffy" Iglesias in concert.

**Now playing:**

***The Amazing Spider-Man 2* (PG-13)** Andrew Garfield, Emma Stone.

This not-terrible, not great, OK-I-guess second entry in the Spider-Man reboot series gets better as the movie wears on. **B-**

***Blended* (PG)**

Adam Sandler, Drew Barrymore.

Somewhere in all the uncomfortable Africa humor and the odd Hooters

product placement is a romantic-comedy for the combined family that could be something, with a few rewrites. **C-**

***Chef* (PG-13)**

Jon Favreau, John Leguizamo.

Chef is not a perfect movie, either as a look at the food scene or as an examination of one man's life that stays consistent throughout. But Favreau has interesting stuff to say about creation and its public consumption, parenting and the course of a career. And whatever remaining sins you still have a problem with are completely papered over by some of the most stomach-growl-causing food porn in the history of food porn. Because I totally can't resist its charms: **A**

***\*Edge of Tomorrow* (PG-13)**

Tom Cruise, Emily Blunt. This surprisingly smart, funny and satisfying sci-fi features Cruise as a believably-reluctant hero who relives one 24 hour period over and over again during a crucial battle between humans and aliens. **B+**

***\*The Fault in Our Stars* (PG-13)**

Shailene Woodley, Ansel Elgort.

The hugely popular YA novel about a teen with cancer and her romance with a fellow patient is obvious but charming, sweet and deeply sad. **B**

***Godzilla* (PG-13)**

Ken Watanabe, Bryan Cranston. Godzilla movie could have used significantly more Godzilla and about half as much human exposition. For a series of really

beautiful shots and the all-too-rare moments of actual monster fights, I'll say **B-**

***Heaven Is For Real* (PG)**

Greg Kinnear, Kelly Reilly. Based on the hugely popular book, this movie gives us the surprisingly empty tale of a young boy who nearly dies and visits heaven. **C-**

***Maleficent* (PG)**

Angelina Jolie, Elle Fanning. Find yourself a lookbook of Jolie's evil queen wardrobe and you'll see all you need to of this Sleeping Beauty remake. **C-**

***A Million Ways To Die In The West* (R)**

Seth McFarlane, Charlize Theron. McFarlane directed, co-wrote and stars in this flat riff on the western. **C-**

***Neighbors* (R)**

Seth Rogen, Rose Byrne. Plus Zac Efron, who is surprisingly deft at the movie's blend of broad comedy and existential angst. Rogen and Byrne are the home-owners suddenly faced with living next to a fraternity. **B-**

***X-Men: Days of Future Past* (PG-13)**

James McAvory, Michael Fassbender. Plus, as their older incarnations, Patrick Stewart and Ian McKellen. This movie blends the characters and actors in the first set of X-Men movies with their younger versions from First Class. The overall universe continuity is confusing and the movie doesn't quite have the humor or the punch of the better X-Men but, overall, it is solid superhero fun. **B**





How to Train Your Dragon 2

## How To Train Your Dragon 2 (PG)

**Hiccup and his Night Fury dragon Toothless ride again in *How To Train Your Dragon 2*, a ho-hum follow-up to the 2010 animated movie.**

Though once viewed as an oddball in his Viking village, Hiccup (voice of Jay Baruchel) is now one of its heroes, having taught the people all about the goodness of the dragons they used to hunt. Now, nearly everyone in town has their own dragon, even Hiccup's dad, the village chief, Stoick (Gerard Butler). But his hero status doesn't make Hiccup any more excited about his destiny as one-day leader of his people. Though his girlfriend Astrid (America Ferrera) tries to reassure Hiccup that he'd be a great chief, Hiccup would rather spend his days soaring over the ocean with Toothless, his sleek black dragon, and discovering new islands, which he marks in a map he's created.

It's during one such trip that he meets Eret (Kit Harington), a dragon trapper working for a mysterious man named Drago Bludvist (Djimon Hounsou) who is building a dragon army. Hiccup, Astrid and their dragons manage to get away and return to the village to tell Stoick about what they've learned, and Stoick tells them of his first meeting with Drago, when he used a dragon to kill all the chiefs who refused to become his subjects. Hiccup flies off, despite his father's objections, to look for Drago, hoping to reason with him. Instead, he meets a strange person flying on a dragon — Valka (Cate Blanchett), a woman who rescues dragons and attempts to keep them out of Drago's reach. Hiccup doesn't know Valka but, after seeing an old scar on Hiccup's chin, Valka quickly figures out that Hiccup is the son she hasn't seen in years.

So, in addition to a Big Bad and the whole dragon army, we have Hiccup's relationship with his father (still weighed down by expectations), his relationship with his long-absent mother, his own insecurity about his ability to lead and whatever is happening between Hiccup and Astrid (are they really just-friends who are being pushed into marriage by eager parents, is one more in love than the other or

do they have actual romantic feelings toward each other — I honestly couldn't tell what we were supposed to be seeing between them until the movie just sort of decides in the end). That's a pretty hefty longship full of emotional turmoil to come sailing into this kids' movie. As with the first movie, I found all this angst to be a drag, always pulling the story down into some sort of bummer sinkhole instead of letting it be the buoyant adventure that the pretty scenes of Hiccup and Toothless soaring through the air suggest.

Actually, Hiccup himself is sort of a drag — I couldn't tell if it was Baruchel's vocal performance or just the way the character was written, but this daring agent of change always seemed to be whining. The group of friends (voiced by Kristen Wiig, Jonah Hill, Christopher Mintz-Plasse and T.J. Miller) who occasionally back Hiccup up might be around primarily for burp jokes and pratfalls, but they have more life to them than our Hiccup, who, aside from a few early scenes, doesn't get to have all that much fun with his dragon either. Watching this movie, I found myself looking at the time a lot. Minutes seemed to drag by as Hiccup argued with his father or set in motion some ill-conceived "peace" plan with Drago but the movie also seemed to take forever to get going. A lot of effort seemed to be going into the setup — explaining the relationship between Hiccup's parents, explaining dragon hierarchies vis-a-vis some giant class of dragons called Alphas, attempting to map out some clear motivation for Drago — without nearly enough swash-buckling action. When I wasn't bummed, I was bored, and when I wasn't bored I was sort of confused at why all the plot threads needed to be there.

For all of its pretty animation and cool-looking dragon creations, *How To Train Your Dragon 2* never quite finds a way to make its magic spark. C

*Rated PG for adventure action and some rude humor. Written and directed by Dean DeBlois (from the book series by Cressida Cowell), How To Train Your Dragon 2 is an hour and 42 minutes long, produced by DreamWorks Animation and is distributed by 20th Century Fox.* 🐉

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 Every Evening 7:30 Sun mats 2:00-4:30

Starts Fri — New Hampshire Premiere  
**"IDA"** (Polish w/subtitles)  
 Every Evening 7:30 Sun mats 2:00-4:30

**SATURDAY AFTERNOON LIBRARY CLASSIC FILM**  
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 Meredith Wilson's **"THE MUSIC MAN"** (1961)  
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**SCREEN #1**  
 How To Train Your Dragon 2  
 PG  
 Maleficent  
 PG

**SCREEN #2**  
 22 Jump Street  
 R  
 Edge Of Tomorrow  
 PG-13

Check website for details • [MilfordDriveln.com](http://MilfordDriveln.com)

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FOR SHOWTIMES AND AVAILABILITY, VISIT:  
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[redrivertheatres.org](http://redrivertheatres.org)



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### AMC Tyngsborough

440 Middlesex St.,  
Tyngsborough, Mass.,  
978-649-3980.

**Chunky's Cinema & Pub**  
151 Coliseum Ave., Nashua,  
chunkys.com

**Chunky's Cinema & Pub**  
150 Bridge St., Pelham,  
635-7499

**Cinemagic Hooksett**  
1226 Hooksett Road, Hooksett,

644-4629, [cinemagicmovies.com](http://cinemagicmovies.com)

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11 Executive Place Dr.,  
Merrimack, 423-0240,  
[cinemagicmovies.com](http://cinemagicmovies.com)  
**Flagship Cinemas Derry**  
10 Ashleigh Dr., Derry,  
437-8800

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Mass., 978-738-8942

### O'Neil Cinema 12

Apple Tree Mall, Londonderry,  
434-8633

### Regal Concord

282 Loudon Road, Concord,  
226-3800

### Regal Hooksett 8

100 Technology Drive,  
Hooksett

### Showcase Cinemas Lowell

32 Reiss Ave., Lowell, Mass.,  
978-551-0055

## MOVIES OUTSIDE THE CINEPLEX

### RED RIVER THEATRES

11 S. Main St., Concord, [redrivertheatres.org](http://redrivertheatres.org), 224-4600

• **Fed Up** (PG, 2014) Thurs.,  
June 19, at 6 p.m.

• **The Lunchbox** (PG, 2014)  
Thurs., June 19, at 2:05 & 5:30  
p.m.; Fri., June 20, at 3:45 &  
6:15 p.m.; Sat., June 21, at 3:45  
p.m.; Sun., June 22, at 3:45 p.m.;  
Tues., June 24, at 2:05 & 5:30  
p.m.; Wed., June 25, at 5:30  
p.m. & Thurs., June 26, at 5:30  
p.m.

• **Belle** (PG, 2014) Thurs., June  
19, at 7:50 p.m.

• **Cold in July** (R, 2014) Thurs.,  
June 19, at 2:10 p.m.

• **The Immigrant** (R, 2014)  
Thurs., June 19, at 2, 5:25 & 8  
p.m.; Fri., June 20, at 1:10 &  
8:30 p.m.; Sat., June 21, at 1:10  
& 6:15 p.m.; Sun., June 22, at  
1:10 & 6:15 p.m.; Tues., June  
24, at 7:45 p.m.; Wed., June 25,  
at 7:45 p.m.; & Thurs., June 26,  
at 7:45 p.m.

• **The Grand Seduction** (PG-13,  
2014) Fri., June 20, at 2 p.m.;  
Sat., June 21, at 2, 4 & 6 p.m.;  
Sun., June 22, at 2, 4 & 6 p.m.;  
Mon., June 23, at 5:40 & 7:55  
p.m.; Tues., June 24, at 2:10 &  
7:55 p.m.; & Thurs., June 26, at  
2:10, 5:40 & 7:55 p.m.

• **Princess Bride Quote-a-long**  
(PG, 1987) Thurs., July 3, at 7  
p.m.

• **A Face in the Crowd** (NR,  
1957) Thurs., June 19, at 6 p.m.

• **Chef** (R, 2014) Fri., June 20,  
at 1, 3:30, 6 & 8:30 p.m.; Sat.,  
June 21, at 1, 3:30 & 6 p.m.;  
Sun., June 22, at 1, 3:30 & 6  
p.m.; Mon., June 23, at 5:25 &  
8 p.m.; Tues., June 24, at 2, 5:25  
& 8 p.m.; Wed., June 25, at 5:25  
& 8 p.m.; & Thurs., June 26, at  
2, 5:25 & 8 p.m.

• **Cinema Under the Stars** free  
events for family at dusk around  
Concord, *The Neverending Story*  
(PG, 1984) in Eagle Square Fri.,  
June 20

### WILTON TOWN HALL

40 Main St. in Wilton, 654-3456,  
[wiltontownhalltheatre.com](http://wiltontownhalltheatre.com)

• **Belle** (PG, 2013) Thurs., June  
19, at 7:30 p.m.

• **Locke** (R, 2013) Thurs., June  
19, at 7:30 p.m.

• **The Immigrant** (R, 2013)  
Fri., June 20, through Thurs.,  
June 26, at 7:30 p.m. Additional

screenings Sun., June 22, at 2 &  
4:30 p.m.

• **Ida** (PG-13, 2013) Fri., June  
20, through Thurs., June 26, at  
7:30 p.m. Additional screenings  
Sun., June 22, at 2 & 4:30 p.m.

• **The Music Man** (1962) Sat.,  
June 21, at 4:30 p.m.

### MILFORD DRIVE-IN

Route 101A in Milford, 673-  
4090, [milforddrivein.com](http://milforddrivein.com), Fri-  
day, June 20, through Wednes-  
day, June 25. Movies begin at  
dusk.

Screen 1: **How to Train Your  
Dragon 2** (PG, 2014) & **Malefi-  
cent** (PG, 2014)

Screen 2: **22 Jump Street** (R,  
2014) & **Edge of Tomorrow**  
(PG-13, 2014)

### MANCHESTER CITY LIBRARY

405 Pine St., Manchester, 624-  
6550, [manchester.lib.nh.us](http://manchester.lib.nh.us)

• **Monsters University** (G, 2013)  
Mon., June 23, at 2:30 p.m.

• **E.T.: The Extraterrestrial** (PG,  
1982) Wed., June 25, at 1 p.m.

• **Catching Fire** (PG-13, 2013)  
Wed., July 2, at 1 p.m.

### WEST BRANCH COMMUNITY LIBRARY

76 N. Main St., Manchester,  
624-6560, [manchester.lib.nh.us](http://manchester.lib.nh.us)

• **The Incredibles** (PG, 2004)  
Fri., June 20, at 3 p.m.

• **Lego Movie** (PG, 2014) Fri.,  
June 27, at 3 p.m.

### CURRIER MUSEUM OF ART

150 Ash St., Manchester, [currier.org](http://currier.org), 669-6144

• **Uprooted** (documentary) pro-  
duced by UNH, tells stories of  
five refugees who resettled in  
NH, Sat., June 21, at 3 p.m., fol-  
lowed by discussion

### CINEMAGIC,

1226 Hooksett Road, Hooksett

• **48 Hour Film Project** screen-  
ing Wed., July 25, at 6:30 &  
9:30 p.m., [48hourfilm.com/en/  
newhampshire/](http://48hourfilm.com/en/newhampshire/)

### HOOKSETT PUBLIC LIBRARY

31 Mount Saint Mary's Way,  
Hooksett, 485-6092, [hooksettlibrary.org](http://hooksettlibrary.org), Free films and pop-  
corn.

• **Movie Matinee** Thurs., July 3,  
at 2 & 6 p.m.

### CHUNKY'S CINEMA

151 Coliseum Ave., Nashua,  
880-8055

• **World Cup Viewing Party**  
ongoing through the series,  
check website for times

### GOFFSTOWN PUBLIC LIBRARY

2 High St., 497-2102, [goffstownlibrary.com](http://goffstownlibrary.com)

• **Kid's Movie Matinee** Mon.,  
June 30, at 2 p.m.

### KINGSTON COMMUNITY LIBRARY

2 Library Lane, Kingston, 642-  
3521, [kingston-library.org](http://kingston-library.org)

• **The LEGO Movie** (PG, 2013)  
Fri., June 27, at 5:30 p.m.

### THE MUSIC HALL

28 Chestnut St., Portsmouth,  
436-2400, [themusicall.org](http://themusicall.org).

Some films are screened at  
Music Hall Loft, 131 Congress  
St.

• **Only Lovers Left Alive** (R,  
2013) Thurs., June 19, at 7 p.m.

• **The Railway Man** (R, 2013)  
Fri., June 20, at 7 p.m.; Sat.,  
June 21, at 4 & 7 p.m.; Tues.,  
June 24, at 7 p.m.; Wed., June  
25, at 7 p.m.; & Thurs., June 26,  
at 7 p.m.

• **King Lear** (National Theatre  
London, HD) Sun., June 22, at  
1 p.m.

• **Hateship Loveship** (R, 2013)  
Sun., June 22, at 4 p.m.; Tues.,  
June 24, at 7 p.m.; & Thurs.,  
June 26, at 7 p.m.

• **Locke** (R, 2013) Fri., June  
27, at 7 p.m.; Sat., June 28, at  
7 p.m.; Sun., June 29, at 4 p.m.;  
Tues., July 1, at 7 p.m.

• **Finding Vivian Maier** (NR,  
2013) Fri., June 27, at 7 p.m.;  
Sat., June 28, at 4 p.m.; Wed.,  
July 2, at 7 p.m.

### SEACOAST REPERTORY THEATRE

125 Bow St., Portsmouth, 433-  
4793, [seacoastrep.org](http://seacoastrep.org)

• **Mysterious Subtext Theatre**  
**2K14 LIVE!** Wed., June 25,  
at 7:30 p.m., with *She Gods of*

*Shark Reef*, live commentary by  
comedians Robin Fowler, Brian  
Paul, Knate Higgins and Jamie  
Bradley



Join us for June 14<sup>th</sup> – June 21<sup>st</sup>

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By Michael Witthaus  
mwitthaus@hippopress.com

• **Groovy:** The eclectic sextet **Superfrog** announces its third studio effort with a series of release shows, including one in downtown Manchester. The new self-titled disc is the first from the group since 2010's *Call from the Moon* and is packed with the sharp ethereal grooves that have made them a mainstay live act throughout the area. See Superfrog with The Youngest Son on Thursday, June 19, at 9 p.m. at Penuche's, 96 Hanover St., Manchester. See [superfrogmusic.com](http://superfrogmusic.com).

• **Country girl:** It's fitting that the new **Jandee Lee Porter Band** album is called *The Other Woman*, as the singer-songwriter is enlisting a few other women — and one talented man — to debut the album. Former *American Idol* contestant Ayla Brown and the duo of fellow country girl Jilly Martin and guitar slinger Ryan Brooks Kelly all lend support. See Jandee Lee Porter Band on Friday, June 20, at 7:30 p.m. at Tupelo Music Hall, 2 Young Road, Londonderry. Tickets are \$20 at [tupelohall.com](http://tupelohall.com).

• **World music:** Metal guy turned acoustic performer **Jake Packard** ushers in live music at a Mill District sports bar, and management reports that a good response might move the summer experiment into the fall. Packard fronted thrash band *Bullets Over Prayers* before going solo; he has a growling Eddie Vedder voice that works well on his cover selections. See Jake Packard on Saturday, June 21, at 8 p.m. at World Sports Grille, 50 Phillippe Cote St., Manchester. See [reverbnation.com/jakepackard](http://reverbnation.com/jakepackard).

• **Sun fun:** A long weekend of music kicks off the **Lowell Summer Music Series** with shows from Ziggy Marley (June 19), Delta Rae (June 20) and Amos Lee (June 21). Running through Sept. 6, the series has national headliners including Lucinda Williams, Neko Case, Gregg Allman, Peter Wolf and Lyle Lovett. All performances happen in Lowell's downtown Boarding House Park, 40 French St. For a full schedule and ticket information, go to [lowellsummermusic.org](http://lowellsummermusic.org).

• **Hazzan hop:** Reggae rapper **Matisyahu** said his new album *Akeda* was born of "madness, listening for and following the inner intuitive voice, a small still sound," saying it "deals with love, with feelings of brokenness and humility, with humanity, struggle and sacrifice." A tour in support of the recently released disc stops on the Seacoast. See Matisyahu on Sunday, June 22, at 8 p.m. at Casino Ballroom, 169 Ocean Boulevard, Hampton Beach. Tickets are \$26 in advance at [casino-ballroom.com](http://casino-ballroom.com) (\$31 day of show).

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## NITE

# Once more with Granite

New Hampshire centric music festival returns for third time

By Michael Witthaus  
mwitthaus@hippopress.com

In early 2014, amidst "pass the virtual hat" Internet fundraisers and organizing committee meetings, the Granite State Music Festival came perilously close to moving from its Kiwanis Riverfront Park home due to rising operation costs. The crisis passed, however, and an accord reached with the city allowed it to continue, for the third year, in the bucolic location on the banks of the Merrimack River.

The Granite State Music Festival was founded in 2012 with a goal of delivering a weekend of New Hampshire's best in entertainment and arts.

Adam Ezra Band headlines Saturday, June 21, with indie darlings Lucius closing out Day 2. Both performers hail from outside New Hampshire, though Sunday's headliner has a connection to the state — guitarist Peter Lalish is from Orford and once played in a church band with a GSMF board member.

That's a bit different from what Lalish is

### Granite State Music Festival

**When:** Saturday, June 21, and Sunday, June 22, starting at noon

**Where:** Kiwanis Riverfront Park, Concord

**Tickets:** \$50/weekend; \$30/daily at [gsmfest.org](http://gsmfest.org)

#### Appearing Saturday, June 21

Adam Ezra Group  
Dreadnaught  
Ghost Dinner Band  
Jandee Lee Porter Band  
Mines of Paris  
Tristan Omand  
Roots of Creation  
Chris Peters Songs  
Ian Ethan Case  
Brooks Young Band  
Senayit  
Delanie Pickering

#### Appearing Sunday, June 22

Lucius  
Kingsley Flood  
People Skills  
Karen Grenier  
Folksoul Band  
Erik "Fingers" Ray  
Pat and the Hats  
Four Legged Faithful  
Donkilo! Afro Funk Orchestra  
Jordan Tirrell-Wysocki Trio  
Ross Livermore Band  
Steve Blunt (KidZone)



Lucius will perform at the Granite State Music Festival. Courtesy photo.

doing with Lucius, led by Jess Wolfe and Holly Laessig, two women who look like twin sisters but aren't. In February, a British paper called the Brooklyn band "the missing link between Arcade Fire and Haim."

But it's a perfect fit, explained new festival president Nicole Vera.

"It's really the point of our festival, to bring good New Hampshire musicians onto a bigger stage... but our headlining act is going to sell the bulk of tickets, so it's very cool to have that tie."

The remaining acts are pure Granite State. They cross the musical spectrum, with rhythmic Roots of Creation, country chanteuse Jandee Lee Porter Band, jazzily soulful infused Donkilo! Afro Funk Orchestra and double-necked guitar wizard Ian Ethan Case among those sharing the stage.

Many are Concord-based, like Four Legged Faithful, Jordan Tirrell-Wysocki Trio, Tristan Omand, Brooks Young Band and Pat & the Hats. The latter band includes Capital City native and festival founder Scott Solsky on guitar, keys and vocals, and may be the most buzzworthy act on the bill. Led by charismatic and talented Patrik Gochez, its much anticipated debut album arrives in July.

"We have a really great local music scene in our town. ... People are talking about it," said Vera, noting that the nonprofit will award its first scholarship this year, to young blues-rock guitarist Delanie Pickering. "She's a high school student from Concord that started playing guitar about a year and a half ago, and she is fantastic. We are really looking forward to watching her grow."

This year will see an expansion to two

“It’s really the point of our festival, to bring good New Hampshire musicians onto a bigger stage.”

NICOLE VERA

stages for performers, the addition of wine to the solar-powered beer garden, an outdoor beauty parlor and an old-fashioned shave parlor hosted by a local barber shop.

"So you can get a very cool shave with a straight razor while you are listening to music," said Vera.

Another addition is the family-friendly GSMFest KidZone, which features performances from Steve Blunt and Marty & Joey with Miss Noelle, an inflatable playground and racetrack, tree climbing and a wide range of all-ages activities including tie-dyeing, bubble play, storytelling, water sprinklers and something described as "random acts of kindness."

"There will be lots to do and we're hoping families will stay longer," said Vera, noting that tickets for ages 10 to 16 are \$20 for both days with the purchase of an adult admission, and children under 10 get in free. "So a family of four can literally have two days full of fun and music for under a hundred bucks. I think that's a great deal."



# Can't sit still

New York Funk Exchange churns into Stone Church



New York Funk Exchange. Courtesy photo.

By Michael Witthaus  
mwitthaus@hippopress.com

The guiding principle of Brooklyn's New York Funk Exchange is found in a pair of song titles from its soon to drop second CD: "Get On The Floor" and "We Can Party." From the moment the nine-piece band shimmies on stage, horn section blazing, it's evident that fans don't come to just watch them play.

Firebrand lead singer Serena Fortier is introduced as "the diva of dance, the high priestess of party." If the groove slow downs at all, it's to a purposeful grind of a song like "Stoked," a new track that Fortier called as "kind of dirty; down, down."

NYFE will release the album, *This Is Your Brain On Funk*, later this summer. Fortier is thrilled that the project, over three years in the making, is finally complete. But as she talked by phone while rolling home from a gig in Burlington, Vt., she seemed more excited by the band's first video shoot, done in May at New York's Cutting Room. The full-length show will be a calling card for the band.

"The special thing about us is our live performance and the energy we have on stage," said Fortier. "That's where the magic happens, and it's something we really wanted people to experience."

A busy summer lays ahead for the band, including a June 21 show at Stone Church in Newmarket and the Green Love Festival Aug. 15 in Starks, Maine.

"Stone Church is built for live music, I really love it there," she said. "The place has a great vibe and the people are chill."

Fortier grew up in nearby Lewiston, Maine, so a solid contingent of family and friends typically come out for her close to hometown shows. As a youngster, Fortier listened mainly to folk and singer/songwriters, discovering funk music only when she arrived at Berklee College of Music. "I really just fell in love with it," she said. "James Brown, Aretha Franklin, Tower of Power, Stevie Wonder,

Michael Jackson — soulful and funky; it just grabs you. You really can't sit still."

Upon graduation in 2007, she moved to New York City and quickly formed a band with a few of her Berklee classmates. They made their first CD, *Funkonomic Stimulus Plan*, in 2009. The group gigs steadily around Brooklyn and Manhattan, maintaining a residency at Club Groove in the West Village.

Perhaps due to the Berklee connection, the band has a solid fan base in Somerville. They've appeared multiple times at Johnny D's, a top club in a community known as the Brooklyn of Boston.

"Not only do they party and get down and shake their booties off," Fortier said, "but they really do appreciate the technical aspects of what we're doing up there."

What they're doing is faithful, solid R&B, a throwback sound with a modern attitude, fueled by Fortier's swagger and streetwise lyrics.

"We don't want to be a clone of our favorite bands," the singer said. "I say this a lot — we're new school with an old soul. We take the music that we love, shine it all over and give it a new face."

Speaking of new faces, Kendall — "a/k/a Special K" — took over as the band's drummer a few weeks back.

"He feels music differently than our previous drummer and it's really jiving well," she said. "He's played six shows and he's learned all our material so quickly, it's really great."

The new chemistry invigorates the entire band, Fortier said.

"Even playing some of our older songs and the songs we recorded a while back for the new album ... he's breathing new life into it."

## New York Funk Exchange

**When:** Saturday, June 21, at 9 p.m.

**Where:** Stone Church, 5 Granite St., Newmarket

**Tickets:** \$7/advance, \$10/day of show at [stonechurchrocks.com](http://stonechurchrocks.com)

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Long considered the hottest dueling piano act on the high seas, The Dueling Murphys are now on solid ground and appear Saturday, June 21, at 9 p.m. at Jade Dragon (1087 Elm St., Manchester 782-3255). Husband and wife pianists, Larry and Heather Maconaghy "duel" at two pianos. Twenty fingers on two keyboards, these two are high-energy, fun, and just the right bit of edgy. "Their chemistry was excellent and their energy enthused the crowd each time they performed together," said one fan, a repeat customer.

### Night Life

#### Music, Comedy & Parties

• **CHAD HOLLISTER** at Claremont Opera House (58 Opera House Square, Claremont 542-4433) on Friday, June 20 at 7:30 p.m. \$25/reserved, \$21/GA The Vermont based songsmith has established himself as a mature and impressive musician crafting infectious rhythmic sounds while opening for countless legends such as Bob Dylan, Tom Petty, Blues Traveler, and Paul Simon.

• **ANIMAL SHELTER COMEDY BENEFIT** at Milly's Tavern (500 Commercial St., Manchester) on Friday, June 20 at 9 p.m. \$15/\$20/door - Dennis Fogg, Kennedy Richard, Jesse Bickford, Wes Hazard and four more comics performs a benefit for Manchester Animal Shelter. Tickets at gofundme.com/comedymanchesteranimal.

• **GRANITE STATE MUSIC FESTIVAL** at Kiwanis Riverfront Park (Loudon Rd., Concord 534-3592) on Saturday, June 21 at 12 p.m. \$40/weekend - Lucius, Adam Ezra Group, Roots of Creation, and Kingsley Flood w/ Karen Grenier, the Ross Livermore Band, Ian Ethan Case, the Jandee Lee Porter Band, the Folksoul Band, Erik "Fingers" Ray, Mines of Paris, Donkilo! Afro Funk Orchestra, Four Legged Faithful, Tristan Omand, People Skills, Dreadnaught, the Brooks Young Band, Ghost Dinner Band, the Chris Peters Band, and Senayit.

• **OYSTER RIVER ARTS AND MUSIC FESTIVAL** at Oyster River High School (55 Coe Drive, Durham) on Saturday, June 21 at 9 p.m. No entry fee and will feature a live performance by the local "Rock-Grass" band Rockspring! Profits from arts and crafts exhibitor table fees, the BBQ, and the adjoining Bobcat Bolt 5K run/walk go toward grants and scholarships for students in the Oyster River school district. More information at www.orfest.org.

• **CONTRA DANCE** at East Concord Community Center (18 Eastman St., Concord 225-4917) on Saturday, June 21 at

8 p.m. \$7 (\$5 age 15-25, free under age 15) Caller Kim Roberts with band The Free Raisins. Beginners, singles, families welcome.

• **CARL BEVERLY** at Spire-side Coffee House (6 Stark Highway North, Dunbarton 744-4601) on Saturday, June 21 at 7:30 p.m. \$5 suggested donation - Singer songwriter Carl Beverly from Warner will feature.

• **TUCKERMANS AT 9** at Cafe Nostimo (72 Mirona Road, Portsmouth 436-3100) on Saturday, June 21 at 8 p.m. Reservations recommended - celebrating ten years of rockin' a cappella for loyal fans and excited newbies- but far from resting on its laurels, the group keeps reinventing itself.

• **CASUAL 6** at Amherst Country Club (72 Ponemah Rd., Amherst) on Saturday, June 21 at 7:30 p.m. \$5 / Concert fundraiser in memory of John Bachman, former Amherst Fire Chief, successful business man, active community member and columnist who was struck by a texting driver while retrieving his mail in front of his home in December 2013.

• **SUMMER CONCERT SERIES** at Community Park (Main St., Henniker 428-3230) on Tuesday, June 24 at 7 p.m. Bel Airs - 50's Doo Wop Quintet. Angela Robinson Bandstand in the event of rain, show is held inside the Community Center

• **TOM RUSH** at Inn On Main (200 North Main St., Wolfeboro 569-1335) on Friday, June 27 at 7:30 p.m. \$35 - Tom Rush's helped shape the folk revival in the '60s and the renaissance of the '80s and '90s, his music having left its stamp on generations of artists.

• **REMEMBERING THE RYNBORN** at American Legion Post 59 (538 W. Main St., Hillsboro 478-0091) on Saturday, June 28 at 7 p.m. \$20/\$25 door - Installers, Scott Snake Miller & the Helljacks play benefit for the Grapevine Family & Community Resource Center of Antrim. Concert for Chris, remembering Christine Patten.

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# I don't believe that Elvis is dead

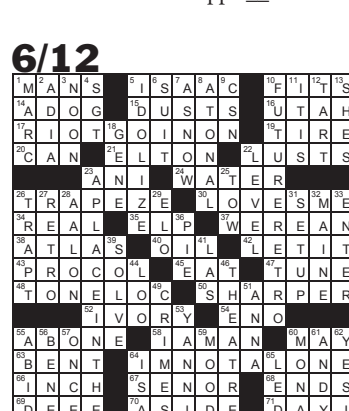
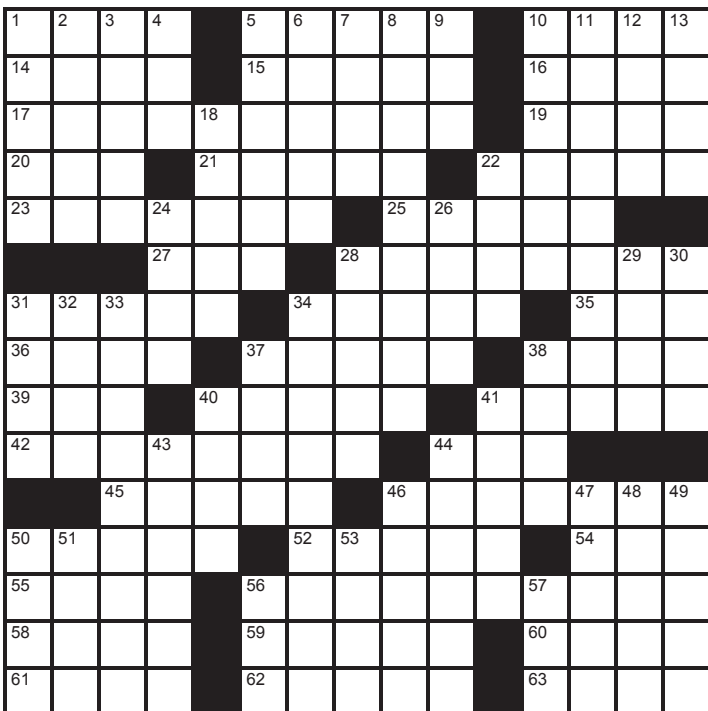
## Across

1. Guster song off 'Lost And Gone Forever'
5. Good Charlotte '\_\_\_ On'
10. What Modest Mouse's 'Ship' did
14. Radiohead '\_\_\_ \_\_\_ Need' (3,1)
15. Like acrobatic frontman

16. '10 AC/DC soundtrack '\_\_\_ Man 2'
17. '96 Black Crowes song about right before Easter? (4,6)
19. Actor/musician Jared
20. British reggae singer Leigh
21. Grandmaster Flash 'White \_\_\_'
22. Outkast song that automatically

starts over?

23. Twisted Sister uses it on their legs
25. Motley Crue 'Generation \_\_\_'
27. Bush "I miss the \_\_\_ that I love a lot"
28. Better Than Ezra 'At \_\_\_' (3,5)
31. Bad English 'Forget \_\_\_' (2,3)
34. Famous Los Angeles outdoor venue
35. Top-selling Danish rapper
36. '88 Syd Barrett comp album
37. The 'C' in DC5
38. 'Read My Mind' McEntire
39. New Edition's Bivins, for short
40. De La Soul '\_\_\_ \_\_\_ Go' (3,2)
41. Shaun of Black Grape
42. Lemaitre's song of non-believers?
44. Kinks 'Have A Cuppa \_\_\_'



45. Ohio band Over The \_\_\_
46. Hoon that sang backup on GnR's 'Don't Cry'
50. 'What To Do When You Are Dead' \_\_\_ For Sleep
52. Judas Priest '\_\_\_ Fire'
54. Anberlin 'We \_\_\_ This To Ourselves'
55. Led Zep 'Fool In The \_\_\_'
56. 'Aquarius/Let The Sunshine In' had 5 of them?
58. Brewer & Shipley 'One Toke Over The \_\_\_'
59. They Might Be Giants 'Lincoln' hit (3,2)
60. Live Grateful Dead album 'With-out \_\_\_' (1,3)
61. Saybia 'The \_\_\_'
62. Patches up spandex
63. Prescription drugs, slang

12. Might write one for song idea
13. 'Constant \_\_\_' City and Colour
18. Prodigy screamer Keith
22. '99 Megadeth album
24. 'Undertow' band
26. '98 Barenaked Ladies hit 'One \_\_\_'
28. Neil Young's wacky '82 album
29. Skillet wears a 'Beautiful' one post-shower
30. Might collect one after killer show
31. Out of control crowds
32. Like killer show, slang
33. '91 smash Nirvana album
34. '95 Bush ballad hit
37. Journey/Bad English keyman Jonathan
38. 'Gold' sing/songer Adams
40. Dishwalla is on \_\_\_ Of Echoes soundtrack
41. Fan does this to album review
43. What Blondie's boyfriend does to get in touch
44. Bush's 'Little' ones kill
46. Eric Benet '\_\_\_ My Life With You'
47. '\_\_\_ To Run With' Allman Bros (2,3)
48. Paid off guitar at the pawn shop
49. Heartthrob rockers have love ones
50. 'Alice's Restaurant' Guthrie
51. Surprise police bust
53. 'What Makes \_\_\_' City and Colour (1,3)
56. Line of security guards?
57. Bush "\_\_\_ \_\_\_ poison crazy lush" (1,2)

## Down

1. Steely Dan singer Donald
2. J Geils 'Looking For \_\_\_' (1,4)
3. What Modest Mouse will do?
4. 80s concert sensation 'Live \_\_\_'
5. Starving rocker turned corps member
6. Soundtrack Of Our Lives 'Still \_\_\_'
7. Foghat 'Slow \_\_\_'
8. John Lennon 'Working \_\_\_' (5,4)
9. Crowd chant word that goes with "Na Na Na Na"
10. Bon Jovi '\_\_\_ Night'
11. Go-Go's 'Our Lips \_\_\_' (3,6)

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**ENTERTAINMENT THIS WEEK**

**FRI. JUNE. 20<sup>TH</sup> IN THE LOUNGE SAT. JUNE. 21<sup>TH</sup>**  
**LAST KID PICKED LAST KID PICKED**

**DECK: JOE RIVET DUO**  
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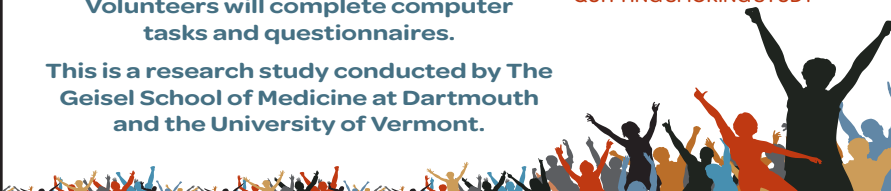


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**Giorgio's Ristorante & Martini Bar**  
707 Milford Road  
883-7333  
**Homestead**  
641 Daniel Webster  
Highway 429-2022  
**Jade Dragon**  
515 DW Highway  
424-2280  
**Pacific Fusion**  
356 Daniel Webster  
Highway 424-6320

## Milford

**Chapanga's**  
168 Elm St. 249-5214  
**Clark's Tavern**  
40 Nashua St. 769-3119  
**Giorgio's Ristorante & Meze Bar**  
524 Nashua St. 673-3939  
**J's Tavern**  
63 Union Sq. 249-9222  
**Madison's Irish Pub**  
586 Nashua St. 672-2060  
**Pasta Loft**  
241 Union Sq. 672-2270  
**Shaka's Bar & Grill**  
11 Wilton Rd. 554-1224  
**Tiebreakers at Hampshire Hills**  
50 Emerson Road  
673-7123

## Nashua

**603 Lounge**  
14 W. Hollis St. 821-5260

## Amsterdam

8 Temple St. 204-5534  
**Arena Sportsbar & Nightclub**  
53 High St. 881-9060  
**Bernie's**  
522 Amherst St.  
978-884-9536  
**Boston Billiard Club**  
55 Northeastern Blvd.  
943-5630  
**Country Tavern**  
452 Amherst St.  
889-5871  
**Cucina Toscana**  
427 Amherst St 821-7356  
**Fat Daddy's Café**  
650 Amherst St.  
821-5136  
**Fody's Tavern**  
9 Clinton St. 577-9015  
**Haluwa Lounge**  
Nashua Mall 883-6662  
**Killarney's Irish Pub**  
9 Northeastern Blvd.  
888-1551  
**Martha's Exchange**  
185 Main St. 883-8781  
**Michael Timothy's**  
212 Main St. 595-9334  
**Nashua Garden**  
121 Main St. 886-7363  
**O'Shea's Tavern & Cigar Bar**  
449 Amherst St.  
943-7089  
**Peddler's Daughter**  
48 Main St. 821-7535  
**Pine Street Eatery**  
136 Pine St. 886-3501

## Riverwalk Coffee

35 Railroad Sq. 578-0200  
**Slade's Food & Spirits**  
4 W. Hollis St. 886-1344  
**Stella Blu**  
70 E. Pearl St. 578-5557  
**Shorty's**  
48 Gusabel Ave  
882-4070  
**Unums**  
47 E. Pearl St. 821-6500  
**Villa Banca**  
194 Main St. 598-0500  
**Wicked Twisted**  
38 East Hollis St.  
577-1718

## New Boston

**Molly's Tavern**  
35 Mont Vernon Rd  
487-2011

## New London

**Flying Goose**  
40 Andover Road  
526-6899  
**Newington**  
**Momma D's Casa di Pasta** 347 Shattuck Way  
431-6511

## Newmarket

**KJ's Sports Bar**  
N. Main St. 659-2329  
**Lamprey River Tavern**  
110 Main St. 659-3696  
**Stone Church**  
5 Granite St. 292-3546

## Newport

**Salt Hill Pub Newport**  
58 Main St. 863-7774

## Newton

**Hen House**  
85 S. Main St. 382-1705

## North Hampton

**Locals** 215 Lafayette Rd.  
379-2729

## Northwood

**Tough Tymes** 221 Roch-  
ester Rd 942-5555

## Pelham

**Shooters**  
116 Bridge St. 635-3577

## Peterborough

**Harlow's Pub**  
3 School St. 924-6365

## Plaistow

**Corner Pocket**  
181 Plaistow Rd. 382-  
3130  
**Dugout Grille**  
93 Main St. 819-4947  
**Racks Bar & Grill**  
20 Plaistow Rd. 974-2406  
**Sad Café**  
148 Plaistow Rd. 382-8893

## Portsmouth

**Blue Mermaid Island Grill**  
The hill at Hanover and  
High streets 427-2583

**Loft at Strafford Farms:** Driving Force  
**Top of the Chop:**  
Funkadelic Fridays

## Epping

**Holy Grail:** Dr. Pepper

## Gilford

**Patrick's:** Endangered  
Species

## Goffstown

**Village Trestle:** Acous-  
tic Jam hosted by John  
Erlman

## Hampton

**Boardwalk Cafe:** Red  
Light Radio  
**Savory Square Bistro:**  
Little Malcolm

## Hampton

**Wally's Pub:** Bob  
Seger Tribute

## Hooksett

**Asian Breeze:** George  
Belli & the  
Retroactivists

## Laconia

**Pitman's Freight Room:** Benny Sharoni  
Jazz Quartet

## Londonderry

**Coach Stop:** Tom  
Rousseau

**Whippersnappers:**  
Barn Fires

## Manchester

**Breezeway Pub:** DJ  
Mckay NRG Dance  
**British Beer:**  
Soundtrack to Monday  
**Club 313:** DJ Bob  
**Derryfield:** Last Kid  
Picked; Deck: Joe Rivet  
Duo  
**Element:** Friday Night  
Dance Party w/DJ  
Smallz  
**Fratello's:** Andre  
Balazs  
**Jade Dragon:** Super-  
Frog & Youngest Son  
**Milly's:** Live Music  
**Murphy's:** Dustin  
Ladale/Just Friends/DJ  
Sean O'Brien  
**N'awlins Grille:** Jared  
Steer Trio  
**Raxx:** DJ Mike  
**Shaskeen:** Joshua Tree  
**Strange Brew:**  
Session 450  
**Wild Rover:** Live  
Music  
**World Sports Grille:**  
Bill Bonnell Duo

## Merrimack

**Homestead:** Marc  
Apostolides  
**Jade Dragon:** Mike Kelly  
**Pacific Fusion:** Live  
Music

## Milford

**Chapangas:** Chris Lester  
**Clark's Tavern:** Karen  
Grenier  
**Pasta Loft:** Live Music  
**Tiebreakers:** Live  
Music

## Nashua

**Amsterdam:** Matt  
Jackson  
**Arena:** Live Music / DJ  
Danjah  
**Country Tavern:** Olde  
Salt  
**Fody's:** Live Music  
**Stella Blu:** The Groove  
Cats  
**Wicked Twisted:**  
Bottoms Up

## Newmarket

**Stone Church:** Wob-  
blesauce w/Magana-  
han's Revival

## Peterborough

**Harlow's:** Tony  
Biggins Band

## Plaistow

**Racks:** Live Music  
**Sad Cafe:** Still Well  
Angel

## Portsmouth

**Dolphin Striker:** Los  
Sugar Kings  
**Fat Belly's:** DJ  
**Grill 28:** Scharff Brothers

## Martingale Wharf:

Truffle  
**Portsmouth Book & Bar:** Live Music  
**Portsmouth Gaslight:**  
Nightclub: DJ KoKo P  
& Flashback Fridays;  
Grill:Don Severence;  
Pub:Chris Lester  
**Press Room:** Bobby  
Keyes  
**Red Door:** Peter Ahern  
**Ri Ra:** Hott Com-  
modity  
**Rudi's:** Mike  
Effenberger

## Salem

**Black Water Grill:**  
Rick Breton & Crew

## Seabrook

**Castaways:** Live Music

**Saturday, June 21  
Bedford**

**Shorty's:** Live Music

## Belmont

**Lakes Region Casino:**  
Live Music

## Boscawen

**Alan's:** SumX4 Duo

## Concord

**Hermanos:** Kenny  
Weiland  
**Makris:** Live Music  
**Penuche's:** Kitchen



**British Beer Company**  
103 Hanover St.  
501-0515

**Daniel Street Tavern**  
1111 Daniel St. 430-1011

**Dolphin Striker**  
15 Bow St. 431-5222

**Fat Belly's**  
2 Bow St. 610-4227

**Hilton Garden Inn**  
100 High St. 431-1499

**Jitto's Supersteak**  
13131 Lafayette Rd  
436-9755

**Martingale Wharf**  
99 Bow St. 431-0901

**MoJo's BBQ Grill**  
95 Brewery Lane  
436-6656

**Oar House**  
50 Ceres St. 436-4025

**Paddy's American Grill**  
27 International Dr. 430-9450

**Portsmouth Gas Light**  
64 Market St. 431-9122

**Portsmouth Pearl**  
45 Pearl St. 431-0148

**Press Room**  
777 Daniel St. 431-5186

**Red Door**  
107 State St. 373-6827

**Red Hook Brewery**  
35 Corporate Dr.  
430-8600

**Ri Ra Irish Pub**  
22 Market Sq. 319-1680

**Rudi's**  
20 High St. 430-7834

**Rusty Hammer**  
49 Pleasant St. 436-9289

**Thirsty Moose**  
21 Congress St.  
427-8645

**Wet Bar at Pages**  
172 Hanover St.  
436-0004

**Raymond**  
**Famous Legends**  
4 Essex Dr. 895-4474

**Salem**  
**Black Water Grill**  
43 Pelham Road  
328-9013

**Coffee Coffee**  
326 S. Broadway  
912-5381

**Jocelyn's Lounge**  
355 S. Broadway  
870-0045

**JT's Bar and Grill**  
326 S. Broadway  
893-4055

**Sayde's Restaurant**  
136 Cluff Crossing  
890-1032

**Varsity Club**  
67 Main St. 898-4344

**Seabrook**  
**Chop Shop Pub**  
920 Lafayette Rd  
760-7704

**Honey Pot Bar & Lounge**  
920 Lafayette Road  
760-2013

**Master McGrath's**  
Route 107 474-6540

**Prime Time Sports Grill**  
620 Lafayette Rd  
760-7230

**Sunapee**  
**One Mile West Tavern**  
6 Brook Road 863-7500

**Sunapee Coffee House**  
Rte. 11 & Lower Main  
St. 229-1859

**Tilton**  
**Black Swan Inn**  
354 W. Main St.  
286-4524

**Warner**  
**The Local**  
2 East Main St. 456-6066

**Weare**  
**Boondocks Tavern & Country Grille**  
487 South Stark  
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**Windham**  
**Common Man**  
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**Pit Road Lounge:** Sinister Sister

**Tandy's:** DJ Iceman Streetz

**True Beast:** Granite State Music Fest

**Dover**

**Asia:** DJ Shadow Walker

**Dover Brickhouse:** Amulus Canopy

**Fury's Publick House:** Soggy Po Boys

**Kelley's Row:** Live Music

**Loft at Strafford Farms:** Rueban Kincade

**Sonny's Tavern:** Live Music w/ Vibe

**Epping**

**Holy Grail:** Sidecar

**Epsom**

**Circle 9:** Nicole Murphy

**Gilford**

**Patrick's:** Those Guys

**Goffstown**

**Village Trestle:** Complete Unknowns

**Hampton**

**Savory Square Bistro:** Wendy Nottonson

**Wally's Pub:** Beneath The Sheets or Wildside

**Hooksett**

**Asian Breeze:** Live Music

**Tap House Grille:** Dan King

**Laconia**

**Baja Beach Club:** DJ

**Pitman's:** Rosemary & The Snakestretchers

**Londonderry**

**Coach Stop:** Chris Cavanaugh

**Whippersnappers:** Souled Out Show Band

**Manchester**

**British Beer:** Atomic Raygun

**Club 313:** Divas Gone Wild w/ Mercadies

**Derryfield:** Last Kid Picked; Deck: Gentlemen Outfit

**Element:** Dance Party with DJ Smallz

**Fratello's:** Kate Redgate

**Jade Dragon:** Dueling Murphys (Dueling Pianos)

**Midnight Rodeo:** Out On Bail

**Milly's:** Silent Season; Helmz Edge; Anaria, DJ Parker

**Murphy's Taproom:** Doug Thompson/Beyond The Pale/DJ Sean O'Brien

**N'awlins:** Boo Boo Groove

**Raxx:** DJ Mike

**Shaskeen:** Tragedy Khadafi; MC Atlas & More

**Strange Brew:** Matthew Stubbs Band featuring Dennis Brennan

**Wild Rover:** Live Music

**World Sports:** Jake Packard

**Merrimack**

**Homestead:** Marc Apostolides

**Jade Dragon:** Laura

**Milford**

**Chapangas:** Brad Bosse

**Clark's Tavern:** Freight Only

**J's Tavern:** Triana Wilson

**Pasta Loft:** Puddle Jump

**Nashua**

**Amsterdam:** Jive Kats

**Arena:** MB Padfield

**Boston Billiard Club:** DJ Anthem Throwback

**Country Tavern:** Joe McDonald

**Fody's:** Live Music

**Killarney's:** Live Music

**Stella Blu:** Corey Brackett

**Wicked Twisted:** Outburst

**Newmarket**

**Stone Church:** New York Funk Exchange w/Back on the Train

**Peterborough**

**Harlow's:** Todd Biggins

**Plaistow**

**Racks:** Live Music

**Portsmouth**

**British Beer:** Cody James

**Gang**

**Dolphin Striker:** Sharon Jones Band

**Fat Belly's:** DJ

**Grill 28:** Three's A Crowd

**Hilton Garden:** Joel Cage

**Martingale Wharf:** George Belli & The Retroactivists

**Oar House:** Don Severance

**Portsmouth Book & Bar:** Sara Borges

**Portsmouth Gaslight:** Nightclub: DJ KoKo P; Grill:Dustin Ladale; Pub:Max Sullivan; Deck: Scott

**Press Room:** Johnny Trauma's Organ Summit

**Red Door:** Juan MacLean

**Ri Ra:** Tim Theriault

**Rudi's:** PJ Donahue Trio

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# NITE MUSIC THIS WEEK

**Thirsty Moose:** Timberfakes

## Salem

**Black Water Grill:** Live Music

## Weare

**Boondocks:** Live Band

## Sunday, June 22

### Bedford

**Copper Door:** Brooks Hubbard

### Concord

**Hermanos:** John Franzosa

**Makris:** Live Music

### Dover

**Cara:** Irish Session w/ Carol

Coronis & Ramona Connelly

**Dover Brickhouse:** Live Jazz

Brunch with Jim Dozet Trio

**Sonny's Tavern:** Sonny's Jazz

Series w/ John Funkhouser

### Hampton

**Wally's Pub:** Smile Empty Soul

### Londonderry

**Whippersnappers:** Joe

McDonald

### Manchester

**British Beer:** Blues Brunch

Series featuring Alli Beaudry

Trio

**Derryfield:** Chad LaMarsh

**Milly's:** Indie Rock Bands 7pm;

Hip Hop/R&B band follows w/

Time and Lepp

**Murphy's Taproom:** Sinatra

Sunday/Fred Ellsworth

**Shaskeen:** Rap night, Industry

night

**Strange Brew:** One Big Soul/

Jon Ross/Howard Randall

### Meredith

**Giuseppe's:** Open Stage with

Lou Porrazzo

### Portsmouth

**Dolphin Striker:** Pete Peterson

**Portsmouth Gaslight:** Deck:

Jimmy D; Crunchy Western

Boys

**Press Room:** NY Summit/

Lauren Kinhan

**Red Door:** Green Lion Crew

**Rudi's:** Jazz Brunch with Sal

Hughes

## Monday, June 23

### Concord

**Hermanos:** John Franzosa

**Makris:** Live Music

### Londonderry

**Whippersnappers:** Monday's

Muse - w/ Triana

### Manchester

**Derryfield:** DJ S.O.B.

**Fratello's:** Rob Wolfe

**Murphy's Taproom:** Brooks

Hubbard

### Merrimack

**Homestead:** Chris Cavanaugh

### Newmarket

**Stone Church:** Stormy

Mondays hosted by the Wild

Eagles Blues Band

### Portsmouth

**Dolphin Striker:** Old School

Portsmouth Gaslight: Deck:

Dustin Ladale

**Red Door:** Hush Hush Sweet

Harlot w/Rebecca Rego & The

Trainmen; Heather Styka

**Ri Ra:** Oran Mor

## Tuesday, June 24

### Concord

**Hermanos:** Brad Myrick

### Dover

**Dover Brickhouse:** D.I./Disas-

ter Strikes/Opposition Rising/

Stoploss/The Cryptics

**Fury's Publick House:** Tim

Therlaunt

**Sonny's:** Soggy Po' Boys

### Hampton

**Wally's Pub:** Saliva

### Londonderry

**Whippersnappers:** VJ Mark

### Manchester

**Derryfield:** Deck: Doug

Thompson

**Fratello's:** Kim Riley

**Milly's:** Manchuka

**Murphy's:** Drew Yount

**N'awlins Grille:** Live Jazz

**Raxx:** DJ Mike

**Shaskeen:** Tristan Omand

**Strange Brew:** All Stars

### Merrimack

**Homestead:** Paul Luff

### Newmarket

**Stone Church:** Bluegrass Jam

w/Dave Talmage

### Portsmouth

**Blue Mermaid:** Honky Tonk

Tuesdays

**Dolphin Striker:** Dave Gerard

**Portsmouth Gaslight:** Deck:

Paul Warnick

**Press Room:** Larry Garland

Jazz

## Wednesday, June 25

### Concord

**Hermanos:** Poor Howard

### Dover

**Fury's Publick House:** Amulus

**Sonny's Tavern:** Local Music

Night w/ F\*cko, Grenades

### Gilford

**Patrick's:** Dustin Ladale

### Hampton

**Bernie's Beach Bar:** Green

Lion Crew

### Manchester

**Derryfield:** Deck: Dave

Ainsworth

**Fratello's:** Paul Luff

**Jade Dragon:** Copacabana

Salsa Night

**Milly's:** Ryan Sandford / Old

School Hip Hop (25+)

**Murphy's Taproom:** Brandon

Lapere

**Strange Brew:** David Rousseau

### Merrimack

**Homestead:** Scott McRae

**Pacific Fusion:** Joe McDonald

### Nashua

**Killarney's:** Kieran McNally

**Napa East:** Live Music

### Portsmouth

**Dolphin Striker:** Jim Dozet

**Fat Belly's:** Joe Young

**Portsmouth Gaslight:** Deck:

Chad Verbeck

**Red Door:** Red On Red w/ Eva-

redy (Ladies Night)

**Ri Ra:** Irish Wednesdays w/

Great Bay Sailor

### Weare

**Boondocks:** Blues Jam w/ How-

ard Randall

## COMEDY THIS WEEK AND BEYOND

### Thursday, June 19

#### Derry

**Halligan Tavern:** John

Tole/Jesse Bickford/

Alington Mitra

### Thursday, June 19

#### Portsmouth

**Music Hall Loft:**

Karen Morgan NARAL

Benefit

### Saturday, June 21

#### Manchester

**Headliners:** Steve

Bjork

### Nashua

**Arena:** Comedy on

Purpose - Alana Susko

### Tuesday, June 24

#### Farmington

**Farmington Funnies:**

Jay Grove Comedy

### Wednesday, June 25

#### Dover

**Chameleon Club:**

Comedy at Cara

### Manchester

**Murphy's Taproom:**

Laugh Free Or Die

Open Mic

**Shaskeen:** Kyrone

Hobby

### Friday, June 27

#### Manchester

**Headliners:** Dueling

Pianos

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**Dana Humanities Center at Saint Anselm College** 100 Saint Anselm Drive, Manchester, 641-7700, anselm.edu/dana  
**The Flying Monkey** 39 S. Main St., Plymouth, 536-2551, flyingmonkeynh.com  
**Hampton Beach Casino Ballroom** 169 Ocean Blvd., Hampton Beach, 929-4100, casinoballroom.com

**Leddy Center** 38c Ladd's Lane, Epping, 679-2781, ledlycenter.org  
**Lowell Boarding House Park** 40 French St., Lowell, Mass., lowellsummermusic.org  
**Lowell Memorial Auditorium** East Merrimack Street, Lowell, Mass., 978-454-2299, lowellauditorium.com  
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**The Music Hall** 28 Chestnut St., Portsmouth, 436-2400, themusichall.org  
**The Old Meeting House**, 1 New Boston Road, Franconstown  
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**Rochester Opera House** 31 Wakefield St., Rochester, 335-1992, rochesteroperahouse.com  
**Stockbridge Theatre** Pinkerton Academy, Route 28, Derry, 437-5210, stockbridgetheatre.com  
**Tupelo Music Hall** 2 Young Road, Londonderry, 437-5100, tupelohall.com  
**Verizon Wireless Arena** 555 Elm St., Manchester, 644-5000, verizonwirelessarena.com  
**Whittemore Center Arena, UNH** 128 Main St., Durham, 862-4000, whitcenter.com

• **English Beat** Thursday, June 19, 8 Tupelo  
 • **Ziggy Marley** Thursday, June 19, 8 Boarding House Park  
 • **Karen Morgan (Comedy)** Thursday, June 19, Music Hall Loft  
 • **George Thorogood & The Destroyers** Friday, June 20, 8 Casino Ballroom  
 • **Willie Nelson/Alison Krauss/Kacey Musgraves** Friday, June 20, 8 Meadowbrook  
 • **Delta Rae** Friday, June 20, 7:30 Boarding House Park  
 • **Boston Babydolls Present: Madame Burlesque** Friday, June 20, Music Hall Loft  
 • **George Thorogood & The Destroyers** Saturday, June 21, 8 Casino Ballroom  
 • **Big Bad Voodoo Daddy** Saturday, June 21, 7:30 Flying Monkey  
 • **Amos Lee** Saturday, June 21, 7:30 Boarding House Park  
 • **Patty Griffin** Saturday, June 21, 7 Prescott Park  
 • **Boston Babydolls Present: Madame Burlesque** Saturday, June 21, Music Hall Loft  
 • **Jimmy Tingle** Saturday, June 21, 8 Colonial Theatre  
 • **Matisyahu** Sunday, June 22, 8 Casino Ballroom  
 • **Liz Longley** Thursday, June 26, 8 Tupelo  
 • **David Bromberg** Friday, June 27, 8 Tupelo

• **Happy Together Tour w/ Turtles, Mitch Ryder, Mark Farner** Friday, June 27, 8 Casino Ballroom  
 • **Artimus Pyle Band** Friday, June 27, 7:30 Flying Monkey  
 • **Lucinda Williams** Friday, June 27, 7:30 Boarding House Park  
 • **Jamey Johnson** Saturday, June 28, 8 Casino Ballroom  
 • **Neko Case** Saturday, June 28, 7:30 Boarding House Park  
 • **Elvis Costello** Saturday, June 28, 8 Cap Center  
 • **Drive-By Truckers w/ Deer Tick** Sunday, June 29, 8 Casino Ballroom  
 • **Peter Frampton/Doobie Brothers** Sunday, June 29, 8 Meadowbrook  
 • **La Santa Cecilia** Sunday, June 29, Music Hall Loft  
 • **Fall Out Boy/Paramore** Monday, June 30, 8 Meadowbrook  
 • **Pat Benetar & Neil Giraldo** Wednesday, July 2, 8 Casino Ballroom  
 • **Justin Townes Earle** Wednesday, July 2, 7 Prescott Park  
 • **Boston/Night Ranger** Thursday, July 3, 8 Meadowbrook  
 • **Justin Townes Earle** Thursday, July 3, 8 Colonial Theatre  
 • **Badfish! A Tribute to Sublime** Saturday, July 5, 8 Casino Ballroom  
 • **O.A.R. & Phillip Phillips** Saturday, July 5, 8 Meadowbrook

• **Rosanne Cash** Saturday, July 5, 7 Prescott Park  
 • **Styx/Foreigner/Don Felder** Sunday, July 6, 7:30 Meadowbrook  
 • **Snoop Dogg** Sunday, July 6, 8 Casino Ballroom  
 • **Matt Anderson** Wednesday, July 9, 7 Prescott Park  
 • **B.B. King** Thursday, July 10, 8 Casino Ballroom  
 • **Shawn Colvin** Thursday, July 10, 7:30 Flying Monkey  
 • **Trombone Shorty & Orleans Avenue** Thursday, July 10, 7:30 Boarding House Park  
 • **Jeff Dunham** Friday, July 11, 6:30 & 9:45 Meadowbrook  
 • **Michael Buble** Friday, July 11, 8 Verizon Wireless Arena  
 • **Johnny A** Friday, July 11, 8 Tupelo  
 • **Jennifer Nettles/Indigo Girls** Saturday, July 12, 7 Meadowbrook  
 • **Tusk (Fleetwood Mac Tribute)** Saturday, July 12, 7:30 Flying Monkey  
 • **Yonder Mountain String Band & Railroad Earth** Saturday, July 12, 8 Casino Ballroom  
 • **Tusk: Fleetwood Mac Experience** Saturday, July 12, 7:30 Flying Monkey  
 • **Andrew Bird** Saturday, July 12, 7:30 Boarding House Park  
 • **Mary Chapin Carpenter** Saturday, July 12, 7 Prescott Park

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## SIGNS OF LIFE

Quotes are by comedian Mike Birbiglia, born June 20, 1978, from his You Tube channel.

**Gemini (May 21 – June 20)** I found an iron, but there was no ironing board, and so I took off my pants and I'm just ironing them on a bench in the locker room in my underwear — which is a dead giveaway that these are my only pants — so I'm like ironing my pants and this old guy walks by and he's like smiling at me ... and I realized ... that it was Rudy Giuliani. But I wasn't self-conscious, 'cause I was like, Rudy's ironed pants, he knows what I'm doing. Iron your pants.

**Cancer (June 21 – July 22)** Whenever I tell people I have a hard time waking up in the morning, some people don't get it, like they get out of bed like they're getting off the bench at a basketball game ... I'm like a lame cow in the road. Don't expect to be clear-minded first thing in the morning.

**Leo (July 23 – Aug. 22)** I'm very awkward and I have a habit of making awkward situations even more awkward. ... I've thought about this a lot and I think there's something wrong with my brain where I don't have an on-deck circle for ideas, it's just "Batter up!" And a lot of the ideas are bad, and they're at the plate going, "I don't know about this one, Mike." Try to think things through.

**Virgo (Aug. 23 – Sept. 22)** I was very fortunate to have an older brother growing up, my brother Joe. I always followed in his footsteps. He wore overalls, I wore overalls, he lit off fireworks in the attic, I was hit by the fireworks. You and a partner can do great things together.

**Libra (Sept. 23 – Oct. 22)** I really am addicted to cable news, and I think it's 'cause they treat every story with the same level of importance, there's like the laser sound effects.... Remember, not everything

is of equal importance.

**Scorpio (Oct. 23 – Nov. 21)** The woman who's in charge walks up to me and she goes, "OK, Mike, there's two speakers and then you and then a raffle." And I thought, that doesn't sound good, but I was trying to look at the positive side and I thought, well, I've never opened for a raffle. Enjoy a new experience.

**Sagittarius (Nov. 22 – Dec. 21)** I was asked to perform at the MVP awards for Major League Baseball. Maybe they had heard about my work as back-up right fielder for Economy Paint Supply. Let your work speak for itself.

**Capricorn (Dec. 22 – Jan. 19)** A few years ago I was asked to perform at a charity golf tournament in New Jersey and I said yes because secretly I enjoy golf and I'm not against charity. Do something you're not against.

**Aquarius (Jan. 20 – Feb. 18)** If a stranger emails you an attachment you shouldn't open it. ... My parents, they didn't get the memo on that one. And they're lonely, they're kinda open to everything, they're like, "We got mail! From xrxrzevo@monkeys.tv!" I'm like THAT IS NOT YOUR FRIEND! Don't be desperate.

**Pisces (Feb. 19 – March 20)** I think if you're a good adult, when you're getting dressed you think about what you're going to do in the course of your day and plan accordingly but I don't have that, I'm just like "One outfit! Forever!" Put some thought into your apparel.

**Aries (March 21 – April 19)** My parents don't like me either. ... They're very confused by me. Confusion reigns.

**Taurus (April 20 – May 20)** My skills, if you're wondering, include making English muffin pizzas, microwaving hot chocolate, dipping English muffin pizzas in hot chocolate. ... You may discover untapped skills.

## NITE SUDOKU Conceptis Sudoku

By Dave Green

		5					7	
4								
		7	3	8				4
		1	8		6	5		
		9				8		
		8	2		5	3		
7			6	1	3			
	8							9
						2		

Difficulty Level ★★

## SU DO KU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Last week's puzzle answers are below

6/12

9	4	6	7	3	8	1	5	2
5	7	1	2	4	9	3	8	6
3	2	8	5	1	6	9	7	4
6	8	4	9	5	1	7	2	3
2	9	5	8	7	3	6	4	1
1	3	7	4	6	2	8	9	5
7	5	3	1	8	4	2	6	9
8	6	2	3	9	5	4	1	7
4	1	9	6	2	7	5	3	8

Difficulty Level ★★★

6/19



# "Flippin' Digital" — wow, will you look at the time?

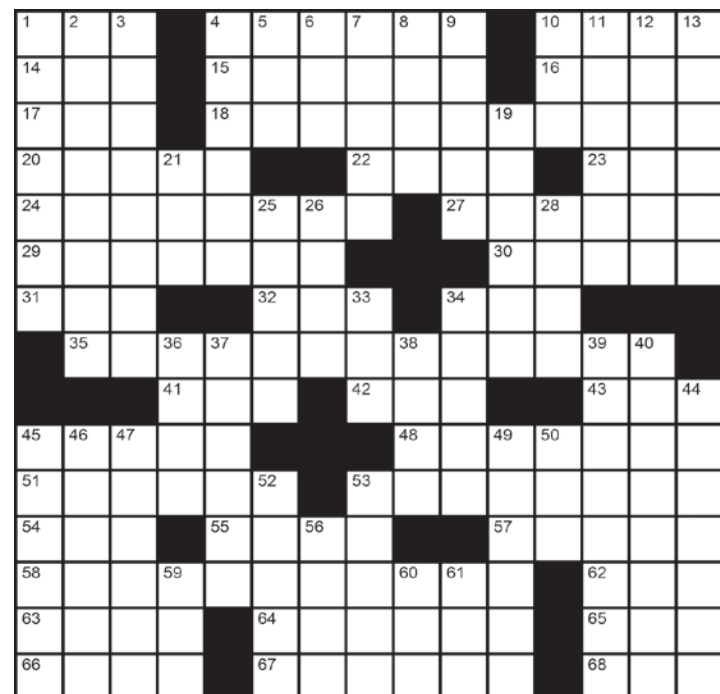
## Across

- 1 "Terrible" age  
4 Get a closer shot  
10 "Unfit to view at your desk" abbr.  
14 Target of vaccine research  
15 Evident since birth  
16 Jai \_\_\_\_ (fast-moving sport)  
17 "Automne" precursor  
18 Show with celebrity panelists filling in blanks on a Chicago railway?  
20 Pound, like a headache  
22 Shoe support

- 23 NYC subway line since 1904  
24 Product that makes it a cinch to slide around?  
27 \_\_\_\_ burger  
29 Shows to the door  
30 Oohed and \_\_\_\_  
31 "¿Qué \_\_\_\_?" ("How's it going?")  
32 Go for a target  
34 A neighbor of Syr.  
35 Bean's L.A.-based catalog distribution center?  
41 Jane Goodall subject  
42 "The Grand Budapest Hotel" director Anderson  
43 Bend the truth  
45 Foaming at the mouth  
48 Regional eats  
51 "The Breakfast Club" name

- 53 The point at which people will see me as "The War of the Worlds" author Wells?  
54 Existed  
55 Hindu \_\_\_\_  
57 Fond farewell  
58 "How did the Wizard project his image?" and others?  
62 Moo goo \_\_\_\_ pan  
63 Disastrous defeat  
64 "Go \_\_\_\_ on the Mountain"  
65 "Good" cholesterol, briefly  
66 ACL injury locale  
67 \_\_\_\_ Dan  
68 "The Waste Land" poet's monogram

- 13 Went the way of old roses  
19 Div. for the Yankees and Red Sox  
21 Agreements  
25 Chapman of "Dog the Bounty Hunter"  
26 Elevator innovator Elisha  
28 "Young Frankenstein" actress Teri  
33 Make a kitten sound  
34 Magazine copy  
36 Go by yacht  
37 "Rabbit, Run" novelist  
38 Georgia \_\_\_\_  
39 "Allow me..."  
40 Ninnies  
44 Charm with flattery  
45 Make changes to  
46 Kindle seller  
47 Shellfish soup  
49 Place for pigs  
50 "The Science Kid" on PBS  
52 Kicks out  
53 As  
56 Proofreading mark  
59 Beehive State native  
60 Cordoba cheer  
61 Soccer zero



## 6/12

SNOOP LALA ABABA  
HORNS EDAM MIRESE  
ADIEU SOGO ORCASE  
BEST EMBOSS DAVE  
BAIO TIESON ODIN  
ALTOSAX YUKFEST  
MAS BIP  
APIAN RUST ERASE  
FRANKIESAYSRELAY  
LYNX ATEMPO ZANE  
EMU ELF  
CEREBRALCORTEZ  
LODER NCAA IRVIN  
YANNI OATS SUITE  
ELATE FIST KELSO

## Down

- 1 Put to \_\_\_\_  
2 In a fervent way  
3 Promise too much  
4 Celebrity news site  
5 Man \_\_\_\_ mission  
6 Rob Ford's province: abbr.  
7 Like a manly man  
8 "Am \_\_\_\_ only one?"  
9 Middle East desert region  
10 "Apocalypse Now" setting, for short  
11 "Jingle Bells" vehicle  
12 Spenser's "The \_\_\_\_ Queen"

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Saturday, June 21

**Amos Lee**

Friday, June 27

**Lucinda Williams**

Saturday, July 28

**Neko Case**

Thursday, July 10

**Trombone Shorty & Orleans Avenue**

Saturday, July 12

**Andrew Bird**

Saturday, July 19

**Barenaked Ladies**

Fri-Sun, July 25-27

**Lowell Folk Festival**

Saturday, August 2

**Howie Day  
Carbon Leaf**

Friday, August 8

**Marcia Ball**

Saturday, August 9

**Gregg Allman**

Thursday, August 14

**JJ Grey & Mofro**

Friday, August 15

**Ben Taylor**

Saturday, August 16

**Lyle Lovett  
& His Large Band**

Friday, August 22

**Peter Wolf & the  
Midnight Travelers**

Friday, September 5

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## Too cute!

Marking Japan's latest unfathomable social trend, two paperback photo books both consisting only of portraits of the rear ends of hamsters have experienced surprising and still-growing printing runs. Japanese society has long seemed easily captured by anything considered "kawaii" (or "cute"), according to a May Wall Street Journal dispatch, and a representative of one book's publisher called his volume "delightfully cute." "I can't stop smiling," he said, "when I see these butts." The two books in print are "Hamuketsu" (hamster buttocks) and "Hamuketsu So Cute You Could Faint." A third, "The Original Hamuketsu," was set to debut in June.

## Recurring themes

A driver died after being unable to dodge his own vehicle. A 58-year-old man was hit by his SUV in New York City in June after he double-parked and was opening the door on the passenger side and realized that the vehicle was still in reverse gear. He tried to jam one foot onto the brake but hit the gas instead, causing the car to jump backward, ejecting him, and pinning him between the SUV and a van parked alongside. The man suffered a heart attack and died as his vehicle broke free and drifted across the busy Manhattan intersection of Madison Avenue and East 49th Street.

Dead or just in "deep meditation"? A renowned Hindu guru, Shri Ashutosh Maharaj, in his 70s, passed away in January (so concluded police in Jalandhar, India), but His Holiness' disciples have refused to release the body, keeping it in a commercial freezer, contending that he has merely drifted into the deeper form of the meditation for which he is well-known and will return to life when he is ready. (The guru's religious order, not coincidentally, is a real estate powerhouse in the Punjab region and on nearly every continent, and the guru's family is certain the "meditation" is a ruse to allow the Ashram's continued control of the financial empire.)

After the U.S. Postal Service finalizes its purchase of "small-arms ammunition," it will become only the most recent federal agency to make a large purchase of bullets for its armed agents (who are perhaps more numerous than the public realizes). In the last year or so, reports have surfaced that the Social Security Administration ordered 174,000 hollow-point bullets, the Department of Agriculture 320,000 rounds, Homeland Security 450 million rounds (for its 135,000 armed agents), the FBI 100 million hollow-points, and even the National Oceanic and Atmospheric Administration 46,000 rounds. (In May, the Department of Agriculture added an order of submachine guns and body armor.)

## Unclear on the concept

Robert Kiefer, 25, was arrested in Akron, Ohio, in February after losing his composure over an expected check that had not yet arrived in the mail. Rather than complain to the check issuer, Kiefer did as several others have done in News of the Weird's experience attack the letter carrier. Kiefer pepper-sprayed the postman (with his own canister that he carries for protection), and in the ensuing struggle, bit the carrier on the leg.

Police in Lincoln, Neb., tracking down a call about a missing 3-year-old boy downtown, managed to locate him in the type of place where other toddlers have turned up after briefly escaping the sight of their parents: inside a toy vending machine. The boy had crawled up through the toy-release slot of the Bear Claw and was safely, joyously playing among the bin of colorful stuffed animals at Madsen's Bowling & Billiards.

In the second such incident reported here in four months, an overenthusiastic police officer handcuffed and detained a firefighter working a 9-1-1 call, ostensibly because the firefighter refused to stop work and go move his fire truck to the officer's satisfaction. Like the earlier incident in California, the unequivocal state law in Louisiana makes it illegal for anyone to interfere with a firefighter on an emergency call, and the officer from the New Roads, La., Police Department in principle faces a stiff fine and possible jail sentence.

Orthodox Judaism requires a divorcing spouse to obtain the permission of the other via a document called a "get," leaving much power in the hands of the responding spouse and leading to an occasional resort

to trickery or violence to persuade an uncooperative spouse. In May, Lakewood, N.J., Rabbi Mendel Epstein, his son and three other men were indicted for scheming to use electric cattle prods on behalf of wives against recalcitrant husbands. (Four other men in the alleged scheme have already pleaded guilty.) According to prosecutors, Rabbi Epstein has been implicated in other over-the-top efforts to obtain gets, in 2009 and 2010, and the indictment charges the 2013 episode also involved kidnapping, surgical blades and a screwdriver.

Emergency crews in the U.K. once again came under criticism in June when dozens of police and firefighters, in three trucks and using a cherry-picker, blocked off a busy street in Cheltenham for an hour so they could rescue and release a bird (a "rook") caught in netting on top of a small apartment building. (Bonus irony: The building's owner had installed the keepaway netting for the sole purpose of discouraging rooks from roosting and nesting, as they were soiling neighborhood rooftops.)

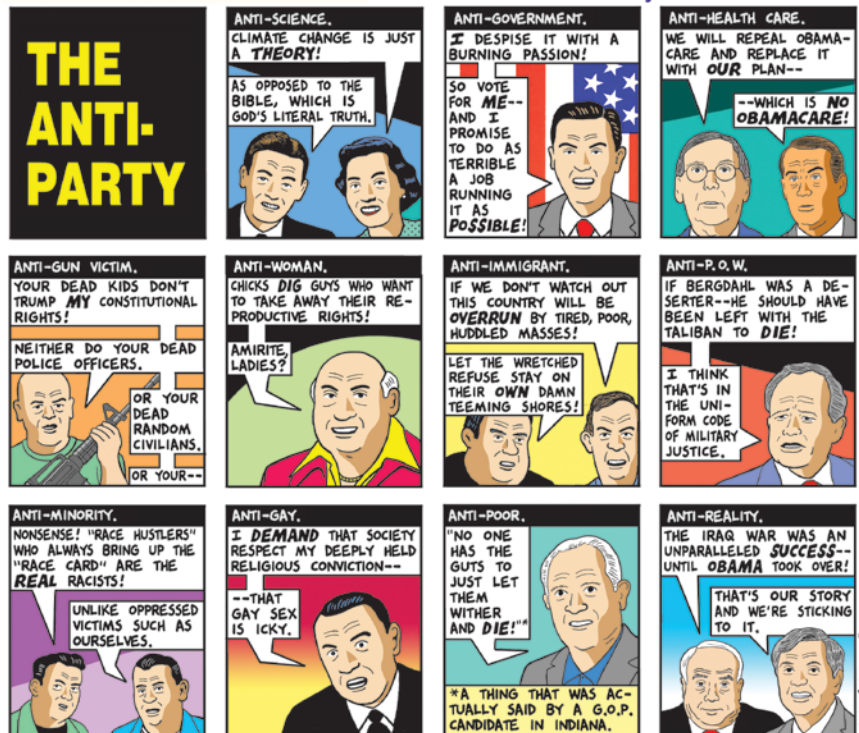
## Updates

An historic, decades-old snit ended in May in the state of Tabasco, Mexico, where two men (now in their 70s), who were the very last living speakers of their village's Ayapaneco language, resumed talking to each other, and through the efforts of Stanford University anthropologist James Fox, their language may now be sufficiently recorded for a preserved historical record. The cause of their falling out was not reported.

Visit [news-of-the-weird.universe.net](http://news-of-the-weird.universe.net).

## THIS MODERN WORLD

by TOM TOMORROW





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FRI/SAT JUNE 20-21



**MATISYAHU**  
SUN JUNE 22



**Iron and Wine**  
WEDNESDAY - JUNE 25



**HAPPY TOGETHER 2014**  
FRIDAY 6.27

sat	06/28	<b>JAMEY JOHNSON</b>
sun	06/29	<b>DRIVE-BY TRUCKERS W/DEER TICK</b>
tue	07/01	<b>THE GO-GO'S</b>
wed	07/02	<b>PAT BENATAR &amp; NEIL GIRLADO</b>
sat	07/05	<b>BADFISH! A TRIBUTE TO SUBLIME</b>
sun	07/06	<b>SNOOP DOGG</b>
wed	07/09	<b>SLASH FEATURING MYLES KENNEDY AND THE CONSPIRATORS</b>
thu	07/10	<b>B.B. KING</b>
fri	07/11	<b>TRAVIS TRITT</b>
sat	07/12	<b>YONDER MOUNTAIN STRING BAND &amp; RAILROAD EARTH</b>
sun	07/13	<b>JOHN HIATT AND THE COMBO &amp; THE ROBERT CRAY BAND</b>
wed	07/16	<b>AN EVENING WITH YES</b>
thu	07/17	<b>EXTREME</b>
fri	07/18	<b>THE FAB FOUR - THE ULTIMATE TRIBUTE</b>
sat	07/19	<b>ARTIE LANGE</b> COMEDIAN
sun	07/20	<b>MIKE BIRBIGLIA</b> COMEDIAN
tue	07/22	<b>HUEY LEWIS AND THE NEWS</b>

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\$20  
GA

## LIZ LONGLEY



**Thurs., June 26**  
8:00 p.m.  
\$20-\$25  
RS-Theater

## JOHNNY A



**Fri., July 11**  
8:00 p.m.  
\$30-\$35  
RS-Theater

## NIGHT OF COMEDY

George Hamm, Johnny Cail, & Ken Richard



**Sat., July 12**  
8:00 p.m.  
\$18-\$23  
RS-Tables

## CRACKER UNPLUGGED

Featuring David Lowery and Johnny Hickman



**Thurs., July 17**  
8:00 p.m.  
\$35-\$50  
RS-Theater

## ALBERT CUMMINGS



**Fri., July 18**  
8:00 p.m.  
\$22-\$30  
RS-Theater

## THE PAT TRAVERS BAND



**Sat., July 19**  
8:00 p.m.  
\$40-\$45  
RS-Theater

## PEGI YOUNG AND THE SURVIVORS



**Fri., July 25**  
8:00 p.m.  
\$25-\$40  
RS-Theater

## THE FIXX

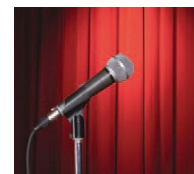
TWO SHOWS!



**Thurs., July 31 & Fri., Aug. 1**  
8:00 p.m.  
\$40-\$45  
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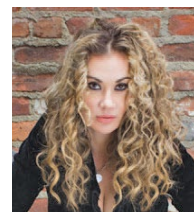
## NIGHT OF COMEDY

Featuring Paul Gilligan, Ryan Gartley, & Smokin Joe Holden



**Fri., Aug. 15**  
8:00 p.m.  
\$18-\$23  
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## DANA FUCHS



**Fri., Aug. 22**  
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